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# MORE RECIPES FOR FIFTY

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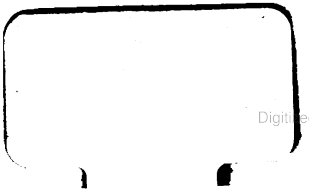

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# MORE RECIPES FOR FIFTY

BY

FRANCES LOWE SMITH

AUTHOR OF

"RECIPES AND MENUS FOR FIFTY"

WHITCOMB & BARROWS

BOSTON 1918

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*To that Great Army of Workers Over Here and Over There Who Fight to Make the World Safe for Democracy.*



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## PREFACE

FROM the very day of America's awakening to the need of conservation, the members of the School of Domestic Science have entered heartily and enthusiastically into each succeeding plan of the Administration for conserving the foods needed by our Allies. In order to do not only "our bit," but our utmost, radical changes have been made in the School menus, and much time has been given by teachers and by students of the Class of 1918 to experimental cookery with the various substitutes. In preparing the recipes, two definite objects have been kept in mind: the one to simplify for institutions the problem of providing satisfactory meals with less sugar, less fat, and less wheat; the other to enable them to do so at minimum expense.

The results of these months of work are embodied in "More Recipes for Fifty," and it is hoped that the book will be valuable in the years to come, as well as during these fateful years of the great World War.

F. L. S.

BOSTON, June, 1918.



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# INTRODUCTION

A recipe, called to judgment, must answer three questions:

Is it practical?
Is it economical?
Is the result attractive?

These questions have to be answered in the affirmative when the recipes are planned for small groups. The answers must be still more emphatic when cooking is done for half a hundred.

The first book by Miss Smith has proved its rare value to the many dietitians and institution managers who have used it. The second carries the added merit of adjustment to our increased list of staples.

Before the war, we were in a rut in our kitchens. We used wheat, meat, sugar, and fats thoughtlessly and monotonously. Now, happily, cooking is lifted out of this dull routine. It has become a real adventure.

On any new trail, however, we need a guide who has thoroughly explored the danger points and can guard us against them.

Repeated experiments with what, in the first days of the world struggle, we called "substitutes" have produced the recipes in this book. They make a reliable and complete collection of palatable dishes which are not only good in theory, but entirely satisfactory in practice.

ELIZABETH MACDONALD.



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# FRUITS

## Dried Fruits

If properly cooked, dried fruits are a delicious and convenient form of fruit for winter use. Comparatively few people, however, cook dried fruits properly, and the result is a strong prejudice against them. At a time when the preservation of all food is so essential, and containers are so increasingly scarce, dried fruit comes to its own.

It should be used freely: for breakfast fruit, for luncheon and supper desserts, for ices and sherbets, and for other dinner desserts. Often a combination of two fruits makes a pleasant variety; as dried apples and raisins, or prunes and apricots.

Wash fruit thoroughly in cold water; drain. Add cold water to cover, and let soak from one to three days in a cold place; the drier and harder the fruit, the longer the time required for soaking. Bring slowly to the boiling point, and without stirring cook in double boiler or in fireless cooker two or more hours, or until fruit is perfectly tender, but unbroken. Sprinkle sugar or syrup over top of fruit, and cook twenty or thirty minutes longer; do not stir. A little salt added to the water before cooking is often an improvement; add lemon, spices, or other seasoning at same time if used. Corn syrup may be used in place of part or all of the sugar. Sweet, well-ripened fruits require little or no sugar. If the juice is watery and flavorless after cooking the fruit, turn it into a separate saucepan, and boil down to desired consistency.



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## Cranberry Bananas

50 bananas
½ cup margarine
3 cups cranberry juice
1 cup or more corn syrup

Left-over cranberry juice may be used, in which case no syrup will be needed. If bananas are to be used with meat, less sweetening will be required than when served as dessert. The margarine may be omitted. Peel bananas, place in shallow agate pans; dot over with bits of margarine, add half the syrup. Bake thirty minutes or until done, basting occasionally with remaining syrup.

## Sliced Bananas with Fruit Juice

Allow one medium-sized banana to each person. Slice into sauce dishes; dip over fruit two or three tablespoons cranberry juice which has been sweetened with corn syrup. Cherry, red raspberry, or red currant juice may be used. Or serve half a banana to each person, and with it red currants, cut oranges, or strawberries, which have stood in sugar an hour or so; or stewed cranberries or peaches.

## Bananas with Orange Sauce

50 bananas
3 cups white corn syrup
1¼ quarts boiling water
⅔ cup cornstarch
½ cup margarine
2 cups orange juice

Bake bananas in hot oven for twenty or thirty minutes, or until they swell almost to bursting; remove from skin. Or peel and put in casseroles to bake. Serve with hot or cold sauce: Mix cornstarch with a little cold water, and add to remainder when it boils. Boil five minutes; add

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margarine, syrup, one teaspoon salt, and boil one minute. Add juice and grated rind of orange. Pour over bananas before serving.

### Bananas with Lemon Sauce

3 cups corn syrup
1½ teaspoons salt
¾ cup lemon juice
½ cup cornstarch
1¼ quarts boiling water
4 dozen bananas

Mix salt and cornstarch with a cup cold water. Bring remaining water to boil, add to cornstarch, stirring constantly; add corn syrup and boil five minutes, then add lemon juice and grated rind. Peel bananas; cut in halves lengthwise, then each half crosswise. Put in baking dishes, add sauce, and bake thirty minutes in moderate oven.

### Bananas with Sultana Sauce

25 to 50 bananas
1 quart Sultana raisins
1½ quarts water
¾ quart corn syrup
9 tablespoons cornstarch
1 tablespoon salt
¾ cup lemon juice or strong vinegar

Peel bananas, removing all coarse threads; place side by side in baking dishes. Wash raisins, add water, and simmer half an hour or longer, replenishing water as it evaporates; there should be one and one-half quarts when done. Mix cornstarch, salt, and a little cold water which has been saved out. Add boiling raisin water and syrup, boil two minutes; add vinegar or lemon juice, bring to boil, and pour over bananas. Bake in hot oven thirty minutes, or until bananas are done. Serve as dessert. The bananas may be baked separately, and sauce poured over them when served. In that case, boil sauce five minutes.

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The number of bananas depends upon size; there should be the equivalent of a small banana to each person.

### Stuffed Prunes

2 pounds prunes
3 cups chopped raisins
1 cup chopped walnuts
½ cup dark corn syrup

Soak prunes over night, or longer if very hard. Drain, steam thirty minutes, and remove stones. Mix raisins, nuts, and syrup; cook five or ten minutes in double boiler; fill prunes with mixture, and chill.

### Apricot and Apple Jam

Soak two pounds dried apricots for one or two days in cold water to barely cover. Add four pounds peeled, cored, and sliced apple. Cover closely, and cook in oven until soft. Add about three-fourths its bulk of dark corn syrup and sugar mixed, and half a teaspoon salt. Cook until thick and uniform in color, adding more syrup or brown sugar if not sweet enough. One seeded and chopped lemon may be added if desired.

### Prunes and Apricots

2 pounds dried apricots
1½ pounds pitted prunes
3½ cups corn syrup or sugar

Wash fruit separately and thoroughly; add cold water to cover; soak from one to two days. Put in double boiler or fireless kettle in alternate layers, add water in which they were soaked, and cook several hours, or until quite soft but unbroken. Add syrup without stirring; cook fifteen minutes longer in fireless or on back of range. Unpitted prunes may be used, requiring about two pounds.

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## Apples, Italian Style

Choose large, juicy, well-flavored apples, attractive in appearance. Wash and polish well, and serve in fruit dish. Pass with them Neufchatel, cottage, Roquefort, Young America, or any cheese that is not hard and dry. Cut apples in slices, and spread with cheese. Serve for luncheon dessert.

## Apples Baked with Syrup

50 large, tart apples
1½ quarts water
1½ quarts thick maple or brown sugar syrup

Wash and core apples, and if skins are tough, pare the upper half. If possible, bake apples in baking pans that can be covered. Add one teaspoon salt and boiling water to syrup, pour over apples, and bake in rather hot oven an hour or more. They should be perfectly soft, even if they cook to pieces. If some apples are done first, remove from pan, and continue cooking the others. If juice seems watery, boil a few minutes after removing apples. Pour juice over apples, and chill. Serve for dessert. If apples are used for breakfast, one quart syrup is sufficient.

## Baked Apples De Luxe

18 pounds tart apples
2 quarts brown sugar
1½ quarts water
1 teaspoon salt
1 bunch mint leaves
Peel of one or two lemons

Do not use apples that cook to pieces easily. Corn syrup may be used in place of sugar by leaving out one pint of water. Cut yellow peel of lemons in small pieces. Wash mint, and allow about two leaves to each apple. Pare, core, and halve apples. Put into large kettle or bean pots. Bring sugar and water to boil; add mint, lemon, and salt. Pour

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over apples, bring to boil, and cook in fireless cooker or Aladdin oven five or six hours. The apples should be unbroken and amber colored. Serve for dessert.

### Pickled Apples

| | |
|---|---|
| 1½ pecks winter apples | 1 pint light brown sugar |
| 1½ quarts white corn syrup | 1 tablespoon whole cloves |
| ¾ quart strong vinegar | 1 tablespoon cinnamon buds |

Pare, quarter, and core apples; add remaining ingredients, bring to boil five minutes, and cook two or three hours in fireless cooker or Aladdin oven. The apples should be light in color, and soft but not broken. Serve with roast pork, veal, or game.

### Apple Amber

| | |
|---|---|
| 12 pounds tart apples | 1 pint boiling water |
| 1½ quarts corn or maple syrup | 1 teaspoon salt |
| | ½ cup margarine (optional) |

Pare apples and slice thin; put into baking dishes. Mix syrup, salt, and water; bring to boil, pour over apples, and dot with bits of margarine. Cover, and bake in moderate oven until apples are tender and amber colored. They should be only slightly colored and unbroken. Leave in dishes until cold. Serve for dessert with soft custard sauce, with cream, or plain.

### Cranberry Sauce

| | |
|---|---|
| 4 quarts cranberries | 2 quarts corn syrup |
| 1 cup boiling water | ½ teaspoon salt |

Wash and pick over berries. Mix remaining ingredients, pour over berries; put on back of range or on asbes-

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tos mat until some juice is extracted, then cook more rapidly until skins are tender and juice jellies. Serve cold.

### Cranberry Relish

4 quarts cranberries
1½ quarts corn syrup
½ teaspoon salt
3 lemons
2 quarts celery cut in half-inch pieces

Wash and pick over berries; drain well. Put berries, syrup, salt, and lemon juice in kettle; heat slowly, then boil until juice jellies. Cool partly, stir in dry celery, and put in cold place to mold. If it does not harden, serve in sauce dishes.

### Summer Fruit Cups

Fruit cups may be served as an appetizer or as dessert. For the former, two tablespoons of the mixed fruit and juice is sufficient for each person; but for the latter, more generous servings should be allowed. Under existing conditions, it will be found possible many times to prepare fruit cups with less sugar or syrup than heretofore, sometimes even without any. Sugar should be made into a syrup, using half as much water as sugar, and boiling it two or three minutes before adding to fruit. White corn syrup or honey may be used in place of sugar syrup. Cook currants, sour cherries, or other very acid fruit, in syrup four or five minutes, but simply pour hot syrup over raspberries, peaches, and other mild fruits. Let stand in syrup until ice cold. There are many delicious combinations available in native fruits from June to October: large strawberries cut in halves, sprinkled with powdered sugar, and chilled; raspberries and currants; diced watermelon and canned or fresh pineapple, with or without

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lemon juice; blackberries flavored with lemon juice and nutmeg to taste; stoned cherries, with diced banana or pear or pineapple; cut peaches, stoned cherries, and a sprinkling of minced angelica. Sometimes a combination of three or four left-over fruits may be used.

## Winter Fruit Cups

Winter fruit cups do not require syrup. Serve without sugar, or with powdered or granulated sugar sprinkled over prepared fruit before it is chilled. In order to save sugar, however, white corn syrup may be used instead. If sugar is used, do not allow more than two tablespoons to a large grapefruit. Peel grapefruit, separate sections from membrane, and cut in thirds; peel and separate oranges into sections, removing membrane; peel bananas and cut in small dice. Winter fruits may be combined in various ways: grapefruit, Malaga grapes seeded and halved, and Maraschino cherries shredded or halved; grapefruit, canned pears, and preserved ginger chopped finely; oranges, lemon juice, and minced fresh mint; oranges, grapefruit, and bananas; oranges and apples; stewed figs cut in small pieces, lemon juice, peaches, and marshmallows.

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# SUBSTITUTES

THE problem of substitutes in cookery reduces itself to three factors: fat, sugar, and flour.

### FAT

The first one is easily disposed of: use butter substitutes, oils, hardened oil, and clarified drippings in place of butter and lard in cooking. In substituting fats, it should be remembered that seven-eighths of a cup of oil or lard is the equivalent of one cup of butter; fourteen and one-half tablespoons of hardened oil is equivalent to sixteen tablespoons of butter. Also it is well to bear in mind that many of our cakes and prepared dishes have been richer in fat than at all necessary, so that it is often possible to cut down more or less the amount called for in pre-war recipes.

### SUGAR

There are two ways of saving sugar: by making things less sweet, and by using molasses, syrups, or honey in place of all or a part of the required sugar. In nearly all of the dessert and cake recipes that we have been in the habit of using, the amount of sweetening may be reduced with satisfactory results. In substituting molasses and syrups for sugar, leave out as much liquid as there is molasses or syrup added. In using honey, deduct one-fifth cup of liquid for each cup of honey substituted. Dark cakes may be made without any sugar, or with a small amount of brown sugar in addition to the molasses



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or syrup used. Add one teaspoon of soda for each cup of molasses substituted for sugar.

## FLOUR

At first, the substitution of unfamiliar flours for wheat flour presents serious difficulties, but the acquisition of a few fundamental principles and a little practical experience soon enables one to use substitute flours very satisfactorily.

Corn flour is a new acquaintance to most of us, but corn meal is an old friend, although one whose possibilities we have never realized. In some sections we have been confined to white meal, in others to yellow meal. Now we have increasingly available both white and yellow flour, as well as white and yellow meal. In substituting corn products for wheat flour, use from three-fourths to seven-eighths as much. Corn flour and corn meal give the best results when combined with one-third or one-half wheat flour, as they contain so little gluten; but very satisfactory quick breads and sponge cake may be made wholly of corn.

Barley flour, in particular, has been the bane of the housewife. The first barley flour put on the market was all barley, but now, under government regulation, three or four per cent wheat is added; and the result is a flour which can be used alone or in large part in almost everything but yeast bread. The product is, of course, much darker, and has the characteristic barley taste unless counteracted by other flavors, but in time we shall become accustomed to that and think nothing of it.

For yeast bread, from twenty-five to fifty per cent wheat flour is needed in order to give a satisfactory loaf. In many cases, a mixture of two or more substitutes gives

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better results than one alone. Brown gravies and sauces, muffins, biscuits, noodles, dark cakes, sponge cakes, and many puddings may be made wholly of barley flour.

A good deal is being said about the acid in barley, and the necessity for using limewater or some other agent to counteract it. When it is remembered that entire wheat flour and corn products contain almost as much acid as barley, the necessity for neutralizing it in the one case, when it is not done in the other, seems still an open question. Yeast bread made with barley flour may have a slightly acid, but not unpleasant, flavor which increases as the bread grows older; but baking powder and soda mixtures have no noticeable acid taste.

With such substitutes as cornstarch, potato flour, and rice flour, it is necessary in many cases to use from twenty-five to fifty per cent wheat, barley, or rye flour, to furnish gluten enough to make them stand up. Sponge and angel cakes may be made wholly of starch flours; "butter" cakes, muffins, and similar doughs requiring a large number of eggs, may be made with at least half of such flours.

In making over old recipes, or for reversing the process when the war is over, the following table gives approximately the amount of substitute flour to use in place of pastry flour, as that is the kind of wheat flour generally used in baking powder mixtures. In substituting for bread flour, use two tablespoons more to a cup than when substituting for pastry flour. For instance, use one cup instead of seven-eighths cup of barley.

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## Table of Substitutions
(Approximate)

In place of one cup of pastry or winter wheat flour use:

| | |
|---|---|
| Barley flour | $\frac{7}{8}$ cup |
| Corn flour or<br>Fine corn meal | $\frac{3}{4}$ to $\frac{7}{8}$ cup |
| Granulated corn meal | $\frac{3}{4}$ cup |
| Buckwheat | $\frac{7}{8}$ cup |
| Ground rolled oats | $\frac{7}{8}$ cup |
| Potato flour | $\frac{1}{2}$ cup |
| Rice flour | $\frac{3}{4}$ to $\frac{7}{8}$ cup |
| Cornstarch | $\frac{1}{2}$ cup |

For the present, at least, it is more patriotic to use largely the so-called "quick breads" in place of yeast bread. Since they do not keep as well, it is necessary to bake less and oftener. Steamed breads have an advantage over baked ones in the longer cooking, which makes them more digestible. Left-over muffins, corn bread, and other quick breads may be toasted.

Wheat, barley, rye, and corn flour should be sifted before measuring; granulated corn meal and the starches, such as cornstarch and potato flour, may be used without.

The number of eggs used may be increased or decreased to suit prevailing conditions. If fewer eggs are used, add one teaspoon baking powder and two tablespoons liquid for each one omitted. If the number is increased, reverse the process, omitting the same amount of baking powder and liquid.

Milk for cooking is always skim milk, unless otherwise specified. Water may be substituted for milk if necessary; and sour milk for buttermilk, or the reverse.

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# BREADS AND ROLLS

## TWENTY TO FIFTY PER CENT WHEAT FLOUR

### White War Bread

¾ quart water
1 quart hot milk
1 cake yeast in
½ cup lukewarm water
2½ tablespoons salt
½ cup corn syrup
⅓ cup fat (optional)
¾ quart white corn meal
¾ quart barley flour
3½ quarts wheat flour

Scald milk; add syrup, fat, salt, and water. Add dissolved yeast, corn meal, and barley flour. Beat hard, then add wheat flour until stiff enough to knead. Knead thoroughly, using more flour if necessary. Let rise over night. Do not use any flour in shaping loaves. Put in oiled pans; let rise again until double in bulk. Bake in moderate oven one hour or more for large loaves. The crust is more tender if brushed with melted margarine or other fat, but that may be omitted if necessary. Makes six large loaves.

### Potato Bread

1 pint hot milk
1 quart mashed potato
¼ cup fat (optional)
2 tablespoons salt
¼ cup corn syrup
½ yeast cake
1 pint white corn meal
1½ quarts wheat flour

Boil potatoes, put through ricer, and pack well in cup. Add milk, salt, syrup, and shortening. If left-over mashed potato is used, leave out one-half cup milk. When lukewarm add yeast, which has been dissolved in one-



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fourth cup tepid water. Stir in corn meal, add flour, and knead well. The dough will be *very* stiff, but will soften in rising, on account of the moisture in potato. Let rise over night. In morning, shape and bake as White War Bread. Makes three loaves.

## Rye Bread I

1 quart hot milk
¾ quart water
2 tablespoons salt
1 cup dark corn syrup
¼ cup shortening
1 yeast cake
1 quart wheat flour
Rye flour to knead

Dissolve yeast in one-fourth cup tepid water. Add water, salt, syrup, and shortening to hot milk; cool. Add yeast and wheat flour, beating hard. Add rye flour to knead, let rise over night; shape, let double in bulk, and bake in very moderate oven about an hour and a half for large loaves, and one hour for small ones. Makes six large loaves.

## Rye Bread II

Women's City Club of Boston

1¾ quarts hot water
¾ cup molasses
1 yeast cake
2 tablespoons salt
1½ tablespoons fat
2 quarts rye meal
1¼ quarts rye flour
1¾ quarts bread flour

Dissolve yeast in one-fourth cup lukewarm water. Add molasses, salt, and fat to hot water; cool. Add dissolved yeast, and rye meal and rye flour gradually, beating well. Add bread flour to knead as soft as possible, using more flour if necessary. Let rise over night; shape, let rise till double in bulk, and bake in very moderate oven, about an

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hour for small loaves, and an hour and a half for large ones. Makes six large loaves.

### Rye and Potato Bread

1 quart hot milk or water
2 quarts mashed potato
½ cup fat
3 tablespoons salt
½ cup corn syrup
2 yeast cakes in
½ cup water
4 to 5 quarts rye flour

Boil potatoes, and put through ricer before measuring. Left-over mashed potato may be used by omitting one cup liquid. Add hot milk to potato; cool. Add salt, syrup, melted fat or oil, dissolved yeast, and rye flour to knead into very stiff dough. This is very necessary, because the dough softens in rising, on account of moisture in potato. Makes six large loaves.

### Raisin Rye Bread

Before shaping into loaves, add three or four cups washed and dried raisins to Rye Bread I or II. Bake in small pans. Serve with coffee and cheese for luncheon dessert.

### Oatmeal War Bread

2 quarts boiling water
¼ cup fat
1 cup molasses
1 yeast cake in
¼ cup tepid water
2 tablespoons salt
1 quart rolled oats
1 pint corn meal
1½ quarts barley flour
1¼ quarts bread flour

Mix oats, meal, salt, and fat; add boiling water; cool. Add yeast, molasses, barley flour, and bread flour to knead, using more if necessary. Finish as Rye Bread. Rye flour may be used in place of barley. Makes six loaves.

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## Barley Bread

1 quart hot milk
1 quart cold water
¼ cup brown sugar
2 tablespoons fat
2 tablespoons salt
1 yeast cake in
½ cup tepid water
3 quarts barley flour
3 quarts bread flour
or enough to knead

Add water to scalded milk; add salt, sugar, melted fat, dissolved yeast, and barley flour. Add bread flour to knead as soft as can be handled. Let rise over night, or start bread in morning, using double the amount of yeast. Shape loaves when dough is light. Use no flour in shaping. If sticky or soft, brush board with oil, or cut bread down well with knife and turn into pan without shaping. Brush with oil or melted fat. Let rise, and bake in very moderate oven about a fourth longer than for wheat bread. Makes six large loaves.

## Bran and Barley Bread

1 quart hot milk
1 quart cold water
2 tablespoons salt
1 yeast cake in
¼ cup tepid water
1 cup fat (optional)
1 cup molasses
¾ quart bran
1½ quarts bread flour
Barley flour to knead

Scald milk; add water, salt, molasses, melted fat, dissolved yeast, and bran. Beat thoroughly, add bread flour, and barley flour to knead. Keep as soft as can be handled. Let rise over night; shape in loaves, brush with oil or melted fat, let rise until double in bulk. Bake an hour or more, according to size of loaves, in moderate oven. Makes six large loaves.

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## Yami-Dami Bread

1 quart boiling water
1 cup rye meal
2 cups corn meal
¼ cup shortening
1 cup molasses
2 tablespoons salt
1 yeast cake in
½ cup cold water
1½ quarts bread flour
1 quart rye or barley flour

Mix corn and rye meal, add boiling water, stir until smooth. Add salt, fat, and molasses; cool. Add dissolved yeast and bread flour. Beat well, and add rye or barley flour to knead as soft as can be handled. Let rise over night; shape, let rise until double in bulk, and bake an hour or more in moderate oven. Makes three large loaves.

## Coffee Bread

2 yeast cakes
1 pint scalded milk
2 quarts barley flour
3 cups white corn flour
1½ cups shortening
2 cups corn syrup
½ teaspoon mace
3 cups mixed fruit
1 teaspoon salt
3 eggs, well beaten

Dissolve yeast in one-fourth cup cool water. Add shortening, salt, and syrup to hot milk; cool. Add eggs, and flour sifted with mace or cinnamon. Chop citron; wash and dry raisins; mix fruit with a little of the flour, then combine with first mixture. Beat well, let rise over night; pour into oiled shallow pans to depth of one inch. Brush with milk, and sprinkle generously with sugar mixed with mace or cinnamon. Let rise until about double in height. Bake in rather hot oven forty-five minutes, or until done.

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## Date Bread

2 quarts warm white corn meal mush
1 pint brown sugar
4 teaspoons salt
¼ cup shortening
1 yeast cake dissolved in ¼ cup lukewarm water
4 cups cut walnut meats
5 cups stoned dates
1½ quarts barley flour

Mix first four ingredients; add dissolved yeast and barley flour. Add wheat flour to knead thoroughly. In morning, or after first rising, knead nuts and dates into dough; shape in loaves, let rise until double in bulk. Bake from fifty to sixty minutes, or until done. It should be thoroughly cold before cutting. Makes three loaves.

## Crumb Bread

2 quarts hot water
1 cup molasses
1½ tablespoons salt
¼ cup fat (optional)
1 yeast cake
1½ quarts crumbs
2 quarts rye flour
2 quarts wheat flour

Use any kind of left-over muffins, corn bread, or dark bread. Dry thoroughly, and put through meat chopper before measuring. Add hot water, fat, molasses, and salt; cool. Add yeast, which has been dissolved in one-fourth cup lukewarm water, and wheat flour. Add rye flour to knead, using more if necessary. Finish as White War Bread. Barley flour could be used in place of rye. Makes six loaves.

## Cereal Bread

2 quarts left-over cereal
1 cup molasses
2 tablespoons fat
1½ tablespoons salt
1 yeast cake in ¼ cup tepid water
1½ quarts barley flour
1½ quarts wheat flour

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Work molasses, salt, dissolved yeast, and melted fat into cereal, using wooden or heavy iron spoon. Add barley flour, and wheat flour to knead well. If cereal is quite moist, more flour will be required, but do not make stiffer than necessary in order to knead well. Finish as White War Bread. Makes four small loaves.

## Potato Rolls

½ cup shortening
¾ to 1 cup sugar
1½ tablespoons salt
1½ quarts mashed potato
3 cups hot milk
1 yeast cake in
2 tablespoons tepid water
3 quarts bread flour

Half barley flour may be used if desired. The sugar may be omitted. Put boiled potatoes through ricer; pack lightly to measure. Add hot milk, salt, shortening, sugar; cool. Add yeast, and flour gradually; it will be very stiff dough. Knead well, let rise over night. In morning, shape in balls about one and one-half inches in diameter. Place in oiled pans, barely touching each other. Do not use flour, but keep fingers well oiled. It is not necessary to take dough on board at all. Let double in bulk, bake in hot oven. Makes about six dozen medium-sized rolls.

## Barley Rolls

1 pint scalded milk
1 pint water
⅔ cup shortening
2 tablespoons salt
¼ cup sugar
½ yeast cake dissolved in
2 tablespoons tepid water
1½ quarts wheat flour
1½ quarts barley flour, or enough to knead

A pint of white corn meal or corn flour may be substituted for one pint of wheat flour. Add water, salt, sugar,

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and shortening to hot milk. When lukewarm, add yeast and wheat flour; beat well; add barley flour to knead as soft as dough can be handled. Let rise over night. In morning, brush board with oil, and without disturbing dough, turn it upside down on board. Roll to about an inch in thickness, cut in small rounds, and place barely touching each other in pans. When light, bake in hot oven twenty to thirty minutes. Or roll to one-half inch in thickness, and shape like Parker House Rolls. Makes about six dozen.

### Rye Rolls

1 pint scalded milk
1 pint water
¾ cup shortening
4 tablespoons sugar or dark corn syrup
2 tablespoons salt
½ yeast cake in
½ cup tepid water
1½ quarts bread flour
2 quarts rye flour

One pint barley flour or corn meal may be substituted for a pint of bread flour. Make as Barley Rolls. In morning, shape in smooth balls about one and one-half inches in diameter. Place barely touching each other in well-oiled pans. Let double in bulk, and bake in hot oven.

### Indian Clover Leaf Rolls

¾ quart corn flour or bolted corn meal
1 quart hot milk
1 yeast cake dissolved in ¼ cup tepid water
⅔ cup shortening
2 tablespoons salt
½ cup corn syrup
1 pint rice or barley flour
2 quarts wheat flour

The proportion of wheat flour may be decreased with fairly good results by using more corn or barley flour. Pour hot milk over corn meal; let stand until lukewarm.

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Add remaining ingredients, kneading dough until it is soft, smooth, and elastic. Let rise over night. In morning, cut down with knife and let rise again, or shape at once. Grease muffin pans, and into each put three balls about an inch in diameter. Keep fingers well oiled in shaping rolls, but use no flour. Let fully double in bulk. Bake in hot oven thirty minutes, or until done. Makes five or six dozen rolls.

## Raised Rye Meal Biscuit

1 quart scalded milk or milk and water
2 tablespoons salt
1 cup molasses
1 cup shortening
2 quarts rye meal
1 pint corn or rye flour
Wheat flour to knead
1 yeast cake dissolved in ¼ cup tepid water

Heat milk; add molasses, salt, and shortening; cool. If corn meal, instead of corn flour, is used, turn hot milk over it before adding other ingredients. Add yeast, rye meal, and wheat flour to make a dough as soft as can be kneaded. Knead well; let rise over night. In morning, shape in balls about one and one-half inches in diameter. Keep fingers well oiled while shaping. Place in pans to barely touch each other. Let double in bulk. Bake in hot oven thirty minutes, or until done.

## Raised Corn Meal Muffins

¾ quart hot milk
½ quart water
1 cup shortening
1½ cups corn syrup
2 tablespoons salt
1 yeast cake in ¼ cup tepid water
¾ quart wheat flour
1½ quarts corn meal
¾ quart barley flour

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Scald milk; add shortening, salt, syrup, and water; cool. Add remaining ingredients; let rise over night. Beat well. Fill oiled muffin pans half full; let rise until nearly double in bulk. Bake in hot oven forty-five minutes, or until done.

## QUICK BREADS

### WHEATLESS BREADS

#### Quick Barley and Corn Bread

- 2⅓ quarts barley flour
- 1 quart fine corn meal
- 1 quart corn syrup
- 2½ tablespoons salt
- ⅓ cup baking powder
- 2 teaspoons soda
- 1 quart sour milk or buttermilk

Sift dry ingredients together; add milk and syrup. Mix quickly, without much beating. Fill well-oiled pans half full. Bake in slow oven from one to one and one-half hours. Corn flour may be used in place of corn meal. Small loaves are more satisfactory than large ones. Makes four small loaves.

#### Quick Oat Bread

- 1½ quarts oat flour or rolled oats
- 1½ quarts barley flour
- ¾ quart corn flour
- 1¾ tablespoons soda
- 1½ quarts sour milk
- ¾ cup water
- 2 cups molasses
- 3 tablespoons salt
- ¼ cup baking powder

If rolled oats are used, put through fine food chopper before measuring. Sift dry ingredients together; add remaining ingredients, beat well, and fill oiled bread pans half full. Bake in slow oven from one to one and one-half hours. Makes four small loaves.

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## Quick Bran Bread

2½ quarts barley flour
1 quart corn meal
¾ quart bran
1½ quarts sour milk
1 quart corn syrup
2 tablespoons salt
1 tablespoon soda
⅓ cup baking powder

Mix and bake as other quick breads.

## Quick Buckwheat Bread

1½ quarts buckwheat flour
1¼ quarts corn meal
2 tablespoons salt
1⅓ tablespoons soda
⅓ cup baking powder
1½ cups molasses
1¼ quarts sour milk or buttermilk

Mix and bake as Quick Barley Bread.

## Raisin Bread

Use any quick bread recipe. Wash one quart seeded or seedless raisins; dry thoroughly, and mix with flour before adding liquid. Bake in slow oven. Serve as bread, or with coffee and cheese for luncheon dessert. It should be perfectly cold before cutting.

## Date Bread

Make as Raisin Bread, substituting three or four cups stoned and cut dates in place of raisins. Bake in slow oven, and serve cold.

## Nut Bread

To any quick bread add two cups coarsely cut walnuts or pecans, and two or three cups dates, cut in small pieces and mixed with flour before liquid is added. Bake in slow oven, and serve as Raisin Bread.

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## Brown Bread I

| | |
|---|---|
| 1½ quarts corn meal | 4 teaspoons salt |
| 1½ quarts rye flour | 2 cups raisins |
| 2 tablespoons soda | 2 quarts sour milk |
| 4 tspns. baking powder | 3 cups molasses |

Mix and sift dry ingredients; add raisins, molasses, and milk. Fill oiled molds half or two-thirds full. Steam three and one-half hours. Remove from molds, and put in oven to dry for a few minutes. Makes six or more loaves, according to size of molds.

## Brown Bread II

| | |
|---|---|
| 1½ quarts corn meal | ¾ quart water |
| 1½ quarts rye meal | 2 tablespoons salt |
| ¾ quart molasses | 4½ teaspoons soda |
| ¾ quart sour milk | 2 cups raisins (optional) |

Mix and steam as Brown Bread I.

## New England Brown Bread

| | |
|---|---|
| ¾ quart stale bread or muffins crumbled in | ¾ quart corn meal |
| 1 quart cold water | ¾ quart buckwheat flour |
| 1½ cups molasses | 1 tablespoon salt |
| ¾ quart rye meal | 2 tablespoons soda |
| | 2½ cups cold water |

Graham may be used in place of buckwheat. Use any stale crusts or crumbs of corn bread, muffins, and other dark breads. If dried and ground crumbs are used, take only two cups. Soak crumbs in water over night; in morning, rub through colander. Sift together dry ingredients; add to first mixture alternately with cold water and

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molasses. Fill oiled brown bread molds two-thirds full; steam three hours. Serve with any kind of beans or with fish. Makes six or more loaves.

### War Brown Bread

1 quart corn meal
1 quart rolled oats
1 quart barley flour
2 teaspoons soda
1½ tablespoons salt
2 cups molasses
⅓ cup baking powder
2 quarts milk or water

Put rolled oats through meat chopper. Sift remaining dry ingredients together; add ground oats, molasses, water, and milk. Beat well. Fill oiled molds about two-thirds full; steam three hours or more.

### Buckwheat Brown Bread

1 quart corn meal
1 quart buckwheat flour
1 quart barley flour
4 teaspoons salt
2 tablespoons soda
½ quart molasses
2 quarts sour milk or buttermilk

Mix and steam as War Brown Bread.

### Steamed Corn Bread

3 quarts corn meal
3 quarts sour milk
¾ cup fat (optional)
1 cup white corn syrup
2 tablespoons salt
8 well-beaten eggs
2 tablespoons soda

Sift dry ingredients, add remaining ingredients. Fill oiled molds half or two-thirds full, and steam three to four hours.

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### Steamed Barley and Corn Bread

1½ quarts barley flour
1½ quarts corn meal or corn flour
2½ tablespoons salt
½ cup baking powder
3 cups water
3¾ cups sweet milk
2¼ cups corn syrup

Mix and steam as Brown Bread I.

### Steamed Nut Bread

1 quart corn meal
1½ quarts Graham flour
1 tablespoon salt
1 tablespoon soda
1 pt. sweet milk or water
1 pint sour milk
1½ cups molasses
2 well-beaten eggs
1 or 2 cups nuts
2 cups raisins

Mix fruit with a little of the measured flour. Sift dry ingredients together. Beat eggs, add milk and molasses; combine mixtures. Add fruit and nuts, turn into oiled molds, steam three or more hours. Serve cold or nearly so.

## WITH WHEAT FLOUR

### Quick Nut Bread I

1½ quarts Graham flour
¾ quart pastry flour
3 tbspns. baking powder
2 cups brown sugar
1 tablespoon salt
1 tablespoon soda
1¼ quarts sour milk
3 cups nut meats

Measure Graham before sifting. Sift dry ingredients together; add milk and coarsely chopped nuts. Bake in rather slow oven an hour or more, according to size of loaf. Makes three large loaves.

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## Quick Nut Bread II

| | |
|---|---|
| 1½ quarts Graham flour | 2 teaspoons soda |
| ¾ quart bread flour | 2 cups water |
| 4 tbspns. baking powder | 2½ cups sweet milk |
| 1½ cups brown sugar | 1½ cups molasses |
| 1 tablespoon salt | 2 to 4 cups walnut meats |

Sift Graham, and return bran to flour before measuring. Sift flour, salt, soda, and baking powder together; add Graham. Mix sugar, molasses, milk, and water, and add to dry ingredients. Beat thoroughly; add coarsely cut nuts. Bake in bread pans, in slow oven, from one and one-half to two hours. Serve cold. Makes three large loaves.

## Quick Date and Nut Bread

| | |
|---|---|
| 1½ quarts pastry flour | 3 eggs |
| ¾ quart Graham flour | 1½ cups molasses |
| 1 tablespoon salt | ¾ quart sour milk |
| 1 tablespoon soda | 1½ cups walnuts |
| ¼ cup baking powder | 3 cups cut dates |

Sift Graham, and return bran before measuring. Cut nuts into coarse pieces. Wash, dry, stone, and cut dates in pieces; mix with a little of the measured flour. Sift dry ingredients together. Beat eggs, add milk and molasses; combine mixtures, add dates and nuts. Bake in oiled bread pans from one and one-half to two hours. Serve cold. Makes three large loaves.

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# GRIDDLE CAKES, MUFFINS, BISCUIT, etc.

## Barley Popovers

2½ quarts milk
2½ teaspoons salt
10 eggs, well beaten
2¼ quarts barley flour

Mix salt with flour. Make large hole in center and add milk, stirring constantly in ever-widening circles until all the flour has been used. Beat eggs thoroughly, then add to flour mixture; beat about two minutes with Dover egg-beater. Fill hot, oiled muffin pans two-thirds full; bake in rather hot oven from forty-five to sixty minutes. The popovers should double in size and have a good crust all over, otherwise they will be soft instead of crisp. Avoid having oven so hot as to burn them on top before browning sides and bottom. If batter is too thick, they will not be hollow. Makes five dozen large popovers.

## Rye Popovers

2 quarts milk
2 teaspoons salt
10 eggs, well beaten
2 quarts rye flour

Make and bake as Barley Popovers. One-third wheat flour may be used in place of rye.

## Buckwheat Griddle Cakes

3 quarts buckwheat flour
⅓ cup baking powder
2 tablespoons salt
½ cup molasses
¾ quart milk
3 quarts water



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Sift dry ingredients together twice, add milk, water, and molasses to which half a teaspoon soda has been added. Cook at once on hot, well-oiled griddle. The batter should be so thin that cakes are ready to turn almost at once.

## Crumb Griddle Cakes

3 qts. soft, stale crumbs
12 eggs, beaten separately
2 tablespoons salt
1 quart barley flour
3 quarts hot milk
½ cup baking powder

Use stale muffins, brown bread, or any dark bread. If dried and ground crumbs are used, one and one-half quarts would probably be sufficient. Pour hot milk over crumbs, and let stand until cool. Add yolks, and flour which has been sifted with salt and baking powder. Three-fourths cup melted fat may be added, but cakes are very good without it. Fold in stiffly beaten whites. Cook slowly on well-oiled griddle.

## Corn Griddle Cakes

3 qts. corn flour, or white or yellow corn meal
2 tablespoons soda
2⅔ tablespoons salt
3 quarts sour milk
8 eggs

Sift dry ingredients together; add milk and beaten yolks. Fold in stiffly beaten whites; or yolks and whites may be beaten together and added with milk. Cook on moderately hot griddle. Corn meal griddle cakes should cook rather slowly, to insure best results. The batter is quite thin. Makes about one hundred cakes.

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## Corn and Potato Griddle Cakes

2 quarts corn meal
1 quart mashed potato
2 tablespoons soda
2 tablespoons salt
3 quarts sour milk
½ quart sweet milk
8 egg yolks
8 egg whites

Sift dry ingredients. Beat yolks, add mashed or riced potato, beating until smooth and thoroughly mixed. Add milk, and combine with dry ingredients. If left-over mashed potato is used, it will probably be necessary to omit part of sweet milk. Fold in stiffly beaten whites. Cook on moderately hot griddle.

## Barley Griddle Cakes

3 quarts sour milk
2 tablespoons salt
2 tablespoons soda
½ to ¾ cup shortening
2 tbspns. baking powder
4 quarts barley flour
6 well-beaten yolks
6 stiffly beaten whites

Sift dry ingredients. Add milk, melted shortening, and yolks. Fold in whites, and cook on hot griddle. Makes a hundred good-sized cakes. Less flour may be used if preferred.

## Rice Griddle Cakes

2½ quarts boiled rice
2⅓ quarts barley flour
⅓ cup baking powder
1½ tablespoons salt
2½ quarts milk
8 eggs, beaten separately

Stir salt and milk into hot rice. Cool; add yolks, and flour which has been sifted with baking powder. Fold in stiffly beaten whites, and cook on hot griddle.

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### Green Corn Griddle Cakes

3 quarts green corn pulp scraped from cobs
10 eggs, beaten separately
2 tablespoons salt
1 quart sweet milk
½ to ¾ cup shortening
1½ quarts barley flour
¼ cup baking powder

Mix and cook as Barley Griddle Cakes.

### Barley Waffles

4 quarts barley flour
2 tablespoons salt
½ cup baking powder
3 quarts milk
16 eggs, beaten separately
1½ cups shortening

Sift dry ingredients together; add milk and well-beaten yolks, then melted fat. Fold in stiffly beaten whites. Heat one side of waffle iron; turn, and heat other side. Grease both sides well. Put tablespoonful of mixture in each compartment, near center of iron. Cover, and turn almost at once. Cook until brown on both sides.

### Corn Waffles

2 quarts corn meal
2 quarts barley flour
2 tablespoons salt
½ cup baking powder
3 quarts milk
16 eggs, beaten separately
½ cup shortening

Make and cook as Barley Waffles.

### Rice Waffles

2 quarts cooked rice
3 quarts barley flour
½ cup baking powder
2 tablespoons salt
3 quarts milk
16 well-beaten yolks
16 stiffly beaten whites
1½ cups shortening

Mix and cook as Barley Waffles. Other cereals may be used in place of rice.

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## Buckwheat Waffles

4 quarts buckwheat flour
2 tablespoons salt
½ cup baking powder
1 cup molasses
1 teaspoon soda
4 quarts milk
½ cup shortening
16 eggs, beaten separately

Mix and cook as Barley Waffles.

## Virginia Waffles

1½ quarts boiling water
2 cups white corn meal
1½ quarts milk
2⅔ quarts barley flour
¾ cup sugar
⅓ cup baking powder
3 tablespoons salt
8 egg yolks
8 egg whites
½ cup shortening

Cook meal in water twenty minutes. Cool; add sugar, well-beaten yolks, milk, and melted fat. Sift dry ingredients, combine mixtures, and fold in stiff whites. Cook as Barley Waffles.

## Rye Biscuit I

3 quarts rye flour
2 tablespoons salt
⅔ cup shortening
½ cup baking powder
4½ cups milk, or milk and water

Sift dry ingredients together; cut and rub in shortening. Mix lightly with milk to as soft a dough as can be handled. Do not knead or work in more flour, but pat dough with floured hands until it can be rolled without sticking. Roll to three-fourths inch thickness, cut in small rounds; place in greased pans to barely touch each other. Bake in hot oven fifteen minutes, or until done. It is well

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to begin baking on lower grate, then finish on upper, so as to brown top of biscuit without overbaking bottom. If floury on top, brush with milk before baking.

### Rye Biscuit II

Make as Rye Biscuit I, using half wheat and half rye flour.

### Barley Biscuit I

2 quarts barley flour
1 quart pastry flour
½ cup baking powder
2 tablespoons salt
¾ cup shortening
4¾ cups milk or water

Mix, roll, and bake as Rye Biscuit. The dough should be as soft as can be handled.

### Barley Biscuit II

1½ quarts barley flour
1½ quarts corn meal
1 tablespoon soda
2 tablespoons salt
¼ cup baking powder
¾ cup shortening
1½ quarts sour milk
1 cup or more water

Sift dry ingredients together; rub in shortening. Add sour milk and water to make a dough as soft as can be handled. Roll, cut, and bake as Rye Biscuit.

### Oaten Biscuit

Make like Barley Biscuit I or II, substituting oat flour, or rolled oats which have been ground and sifted.

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## War Biscuit

1 quart rice flour or
¾ quart potato flour
1 quart barley flour
1 quart pastry flour
2 tablespoons salt
½ cup baking powder
1 cup shortening
Milk to moisten

Mix, roll, cut, and bake as Rye Biscuit. Make as soft as can be handled.

## Rye Meal Biscuit

2 quarts rye meal
1 quart pastry flour
¾ cup shortening
2 tablespoons salt
½ cup baking powder
6 tablespoons sugar
Milk or water to make a soft dough

Make and bake as Rye Biscuit.

## Corn Biscuit

1½ quarts pastry flour
1½ quarts white corn flour or meal
½ cup baking powder
2 tablespoons salt
¾ cup shortening
1½ quarts or more milk or water

Make and bake as Rye Biscuit, keeping dough as soft as can possibly be handled.

## Quick Corn Rolls

Make like Corn Biscuit. Roll out to one-half inch thickness; brush with melted fat or oil. Fold like Parker House Rolls. Place one inch apart, to allow for rising and spreading. If tops are floury, brush with melted fat or milk. Bake in quick oven twenty minutes, or until done. Makes about six dozen medium-sized rolls.

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## Maple Biscuit

Use any biscuit recipe. Make as soft as can be handled, roll to one-half inch in thickness, and cut in rounds. Brush half of them with softened butter substitute; spread with brown or grated maple sugar; put together in pairs. Place in oiled pans, barely touching each other, and bake in hot oven.

## Maple Rosettes

2½ quarts pastry flour
½ quart white corn meal
1¼ cups shortening
2 tablespoons salt
½ cup baking powder
4½ or more cups milk, or milk and water
1 quart shaved maple sugar
1 cup oleomargarine

A larger proportion of white corn meal may be used, or pastry flour alone, when not necessary to save wheat. Mix and sift dry ingredients together. Cut and rub in shortening. Add milk to make as soft as possible. Be careful not to knead in flour in rolling. Roll out to one-half inch in thickness. Cream oleo and sugar together until soft enough to spread. Spread thick layer on dough; roll like jelly roll. Cut in three-fourths inch slices; place flat side down, and barely touching each other, in oiled pans. Bake twenty minutes or more in hot oven. Brown sugar, with a tablespoon maple flavor, may be substituted for maple sugar.

## Orange Rolls

Prepare dough as for Cinnamon Rolls or Maple Rosettes. Spread with softened butter or margarine, and cover with granulated sugar which has been moistened with orange juice and mixed with grated rind. Be careful not to use too much orange juice. Bake in hot oven. Lemon juice may be used in same way.

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## Spoon Corn Bread

| | |
|---|---|
| 4 quarts water | 1 cup fat or oil |
| 2 quarts milk | 4 tablespoons salt |
| 2 quarts white corn meal | 12 eggs |

Put water and corn meal in double boiler, bring to scalding point, and cook fifteen minutes longer; add milk. When lukewarm, add well-beaten eggs and other ingredients. Bake in well-oiled baking dishes one hour, or until a knife comes out clean. Serve from dish with spoon.

## Corn Dodgers

| | |
|---|---|
| 3 quarts corn meal | 4 tablespoons oil or fat |
| 2 tablespoons salt | 2½ quarts boiling water |

Add salt and fat to corn meal, then the boiling water. Beat well; cool. Form into flat cakes about two and one-half inches in diameter and one-half inch thick. Bake thirty to sixty minutes in very hot oven. They should be crisp, and are eaten with butter or gravy with the meat or vegetable course. If preferred soft inside, make them from three-fourths to an inch in thickness. They are better when cooked very slowly on a griddle on top of the stove, but with gas it is difficult to do it satisfactorily.

## Corn Meal Puffs

| | |
|---|---|
| 1¼ quarts corn meal | 1¼ quarts milk |
| 1¼ quarts pastry flour | ½ cup shortening |
| 5 tbspns. baking powder | 1½ tablespoons salt |
| 1¼ quarts boiling water | 10 eggs |

Pour boiling water over corn meal; add shortening; beat well, cool. Sift dry ingredients together. Beat yolks

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thoroughly, add milk, and combine mixtures. Fold in stiffly beaten whites, fill pans half full, and bake in hot oven from forty-five to sixty minutes for large muffins. Four and one-half to five cups barley flour may be substituted for pastry.

### Hoe Cake

2¼ quarts boiling water
1½ quarts corn meal
1 tablespoon salt
⅓ cup shortening

Mix thoroughly; spread in well-greased pans to depth of one-half inch. Bake in hot oven from forty-five to sixty minutes. Break in pieces and serve hot.

### Corn Meal Gems

3 quarts yellow corn meal
1¾ cups pastry flour
⅝ cup baking powder
½ cup sugar
2 tablespoons salt
¾ cup shortening
2 quarts milk
2½ cups water

Mix and sift dry ingredients; add milk, water, and melted shortening. Beat well. Bake in moderately hot oven forty-five to sixty minutes for large muffins. Having no eggs and so little wheat flour, these muffins are close in texture.

### Molasses Corn Bread

1½ quarts corn meal
1½ quarts buckwheat
2 tablespoons salt
1⅔ tablespoons soda
½ cup shortening
2 cups molasses
1½ quarts sour milk
1 cup water
3 tablespoons baking powder

Mix and sift dry ingredients; add milk, water, molasses, and shortening. Beat well. Bake in shallow pans in moderate oven thirty minutes, or until done.

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## Green Corn Puffs

| | |
|---|---|
| 1¼ quarts fresh or canned sweet corn | 1 quart barley flour |
| 12 to 14 eggs | 1½ cups corn meal |
| 3⅓ cups milk | 6 tbspns. baking powder |
| | 2 tablespoons salt |

If fresh corn is used, remove husks and silk, and shave off kernels halfway to cob; then scrape clean with knife. Sift dry ingredients together. Beat eggs thoroughly, add milk and corn, and combine with first mixture. Barley flour may be used in place of corn meal if preferred. Bake an hour or so in moderate oven, increasing heat during last half of time. Serve with meat course at dinner, or for breakfast.

## Potato Corn Muffins

| | |
|---|---|
| 1½ quarts corn meal | 6 eggs |
| ¾ cup sugar | 1½ quarts riced potato |
| 2 tablespoons salt | 1½ quarts milk |
| ½ cup baking powder | ¾ cup shortening |

Put hot boiled potato through ricer; pack lightly in cup to measure. Sift dry ingredients together. Beat egg yolks, add potato and milk; combine mixtures, add melted shortening. Beat well, and fold in stiffly beaten whites. Bake in hot oven forty-five minutes, or till done. One cup pastry flour may be added.

## Raisin Corn Muffins

| | |
|---|---|
| 1½ quarts corn meal | 1 cup corn syrup |
| 1½ quarts pastry flour | ¾ cup shortening |
| 2 quarts boiling water | 2 tablespoons salt |
| 8 tbspns. baking powder | 6 eggs |
| | 3 cups raisins |

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Wash and dry the seeded raisins, and mix with a little of the measured flour. Scald meal with hot water; add salt, corn syrup, and shortening; cool, and add well-beaten yolks. Sift flour and baking powder together; combine mixtures, beat well, and add raisins. Fold in stiffly beaten whites. Bake forty-five minutes or more in rather hot oven. Five and one-fourth cups barley flour may be used in place of pastry flour.

### Fairy Corn Bread

| | |
|---|---|
| 2½ quarts corn meal | 7 tbspns. baking powder |
| 3¾ quarts milk | 4 tablespoons brown sugar |
| 1½ tablespoons salt | 20 well-beaten egg yolks |
| ½ cup shortening | 20 stiffly beaten egg whites |

Pour scalding hot milk over corn meal; add shortening, salt, and sugar; cool. Add well-beaten yolks and baking powder, and beat thoroughly, in order to mix in baking powder evenly. A little cold milk may be kept out to mix with baking powder. Fold in whites, and pour into shallow, well-oiled pans to depth of half an inch or more. Bake in hot oven twenty to thirty minutes. This corn bread is very light and delicate in texture.

### Golden Corn Bread

| | |
|---|---|
| 1½ quarts yellow meal | ¾ cup baking powder |
| 4½ cups rice flour | 1½ quarts milk |
| ¾ cup sugar, or less | 1 cup water |
| ½ cup shortening | 2 tablespoons salt |

Mix and sift dry ingredients together; add liquid and melted shortening. Beat well. Bake in shallow pans or in muffin pans. Six cups pastry flour may be used in place of rice flour.

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### Berkshire Muffins

1 quart white corn meal
¾ quart rice flour
1 quart cooked rice
½ cup baking powder
½ cup sugar
1 quart hot milk
1⅓ cups water
½ cup shortening
1½ tablespoons salt
7 eggs, beaten separately

Turn scalded milk on meal; cool. Beat egg yolks well, add rice, and combine with first mixture; then add melted shortening, and flour which has been sifted with dry ingredients. Fold in stiffly beaten whites. Bake in well-oiled muffin pans thirty to forty-five minutes. Three and one-half cups barley flour may be used instead of pastry flour; or two cups potato flour or cornstarch.

### White Corn Muffins

1½ quarts white corn meal
1½ quarts pastry or
4½ cups rice flour
¾ cup baking powder
¾ cup shortening
2 tablespoons salt
1¾ quarts milk
¾ cup sugar

Sift dry ingredients together; add milk and melted shortening. Beat well. Bake in well-oiled muffin pans, in hot oven, from thirty to forty-five minutes. Makes fifty or sixty large muffins.

### Rye Muffins I

2 quarts rye flour
1 quart pastry flour
2 tablespoons salt
1 cup corn syrup
1½ quarts milk
⅓ cup shortening
10 tablespoons baking powder

Mix and sift dry ingredients together; add milk, syrup, and melted shortening. Beat well. Bake thirty to forty-

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five minutes in moderate oven. If sugar is used in place of syrup, add one cup milk or water.

### Rye Muffins II

2 quarts rye flour
1 quart pastry flour
⅓ cup baking powder
2 tablespoons salt
1 teaspoon soda
1 cup molasses
1½ quarts milk
5 well-beaten eggs
⅓ cup shortening

Sift dry ingredients together. Beat eggs; add molasses and milk; combine mixtures, add shortening. Beat well. Bake in moderate oven thirty to forty-five minutes.

### Date Rye Muffins

1 quart rye flour
1 quart rye meal
1 quart pastry flour
2 tablespoons salt
10 tbspns. baking powder
½ cup sugar
1½ quarts milk
1 cup water
¾ cup shortening
2 packages dates

Wash dates; stone, and cut in small pieces; mix with a little flour. Sift together remaining flour and other dry ingredients; add milk, water, melted shortening, and dates. Bake thirty to forty-five minutes.

### Raisin Rye Muffins

2¼ quarts rye meal
¾ quart pastry flour
2 tablespoons salt
4 tbspns. baking powder
⅓ cup shortening
1½ quarts sour milk
1 tablespoon soda
1 cup sugar or less
6 eggs
3 cups raisins

If any bran sifts out of rye meal, return it before measuring. Mix and sift dry ingredients together. Add milk

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to egg yolks; combine mixtures, add shortening, and beat well. Wash raisins, dry thoroughly, and mix with flour saved out for that purpose; stir into dough, and fold in stiffly beaten whites. Bake as other Rye Muffins.

## Quaker Muffins

1 quart barley flour
2 quarts rolled oats
1½ quarts sour milk
8 well-beaten egg yolks
8 stiffly beaten whites
½ cup shortening
½ cup brown sugar
2 tablespoons salt
2 tbspns. baking powder
1 tablespoon soda

Pour milk over oats, and let stand thirty minutes or more. Add egg yolks and melted shortening. Mix and sift dry ingredients; combine mixtures. Fold in stiffly beaten whites. Bake in moderate oven thirty to forty-five minutes. Bread or rye flour may be substituted for barley.

## Potato Muffins

2 quarts riced potato
2 quarts pastry flour or part corn flour
½ to 1 cup shortening
¾ cup sugar
8 eggs
¾ quart water
10 tbspns. baking powder
2 tablespoons salt

Boil potatoes and put through ricer; pack lightly in quart cup. Left-over mashed potato can be used by omitting one-half cup water. Mix potato, water, and well-beaten yolks. Sift dry ingredients together; combine mixtures, shortening, and fold in stiffly beaten whites. Bake forty-five minutes, or until done. They should be quite crusty.

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## Buckwheat Muffins I

1½ quarts pastry flour
1½ quarts buckwheat flour
¾ cup corn syrup
½ to 1 cup shortening
2 tablespoons salt
10 tbspns. baking powder
1½ quarts milk

Mix and bake as Rye Muffins. One and one-fourth quarts barley flour may be used in place of pastry.

## Buckwheat Muffins II

2 quarts buckwheat flour
1 quart barley flour
2 tablespoons salt
½ cup baking powder
1½ quarts milk
½ cup shortening
1½ cups molasses
1½ teaspoons soda

Mix and bake as Rye Muffins.

## Oat Cakes

3 quarts rolled oats or oat flour
½ cup baking powder
2 tablespoons salt
1 tablespoon soda
1½ quarts sour milk
⅓ cup shortening
1½ cups corn syrup
1½ cups water or sweet milk

If rolled oats are used, put through fine meat chopper. Return the bran to sifted flour before measuring; use three quarts of the prepared flour. Molasses may replace corn syrup by adding one and one-half teaspoons extra soda. Sift dry ingredients; add milk, syrup, and melted shortening. Bake in muffin pans in rather hot oven.

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## Oat and Rice Muffins

1½ quarts rolled oats
1½ quarts rice flour
2 tablespoons salt
½ cup baking powder
6 eggs, beaten separately
⅓ cup shortening
¾ cup water
¾ cup corn syrup
1½ quarts sweet milk

Put rolled oats through meat chopper before measuring. Sift dry ingredients together; add water, syrup, milk, melted fat, and egg yolks. Fold in stiffly beaten whites, and bake in moderate oven.

## Crumb Muffins

1½ quarts dried and sifted crumbs
¼ cup shortening
⅓ cup brown sugar
1 tablespoon salt
¾ quart boiling water
¾ quart milk
12 eggs, well beaten
1¼ quarts barley flour
⅓ cup baking powder

Mix crumbs, shortening, salt, sugar, and boiling water; when cool add well-beaten eggs, milk, and flour which has been sifted with baking powder. Beat well. Bake as other muffins, but longer. Makes sixty medium or fifty large muffins.

## Marlboro Muffins

1 quart bran
1 quart barley flour
¾ quart fine corn meal or corn flour
1½ cups molasses
1½ quarts sour milk
2 tablespoons salt
1⅔ tablespoons soda

Sift flour, soda, and salt together; add bran and corn meal, then molasses and milk. Beat hard. Bake in moderate oven from thirty to forty-five minutes. Makes fifty large muffins.

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### Plain Bran Muffins

1 quart bran
1 quart buckwheat flour
1 quart barley flour
2 tablespoons salt
9 tbspns. baking powder
1 cup sugar or corn syrup
½ to 1 cup shortening
1½ quarts milk or water

If sugar is used, add from three-fourths to one cup extra liquid. Sift dry ingredients together; add milk, syrup, and melted shortening. Bake as other muffins.

### Date Bran Muffins

1½ quarts bran
1½ quarts barley flour
2 tablespoons salt
1 tablespoon soda
2 tbspns. baking powder
1½ quarts sour milk
1 cup water
½ cup shortening
¾ cup brown sugar
3 cups dates

If wanted sweeter, use corn syrup in place of water. Sift together dry ingredients; add bran without sifting. Add milk, water, shortening, and dates which have been stoned and cut in pieces before measuring. Bake as other muffins.

### Barley Muffins

3 quarts barley flour
⅝ cup baking powder
2 tablespoons salt
½ cup shortening
¾ cup corn syrup
1½ quarts milk

Three-fourths cup molasses and three-fourths teaspoon soda may be used in place of corn syrup. Mix and bake as other muffins.

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## Cheese Oysters

1½ quarts corn meal
½ quart cold water
4 quarts boiling water
8 eggs or more
1½ quarts barley flour
3 tablespoons salt
2 quarts grated cheese
4 teaspoons baking powder

Use more flour if needed; the amount depends upon thickness of mush and number of eggs. The oysters should be about the consistency of Corn Oysters. Mix meal and cold water, add boiling water, and cook in double boiler one or more hours. Left-over mush may be used. Add cheese; cool. Add beaten eggs, and flour which has been sifted with salt and baking powder. Drop by spoonfuls on hot griddle which has been brushed generously with bacon fat or other drippings. Brown both sides. Serve in place of bread.

## Scotch Wafers

1 quart fine oatmeal
1 quart rolled oats
2 quarts barley flour
1 cup sugar
2 tablespoons salt
3 tbspns. baking powder
2 cups hot water
1 cup oil

Mix first six ingredients. Add shortening to water, and add to first mixture. Pat, and roll as thin as possible. Cut with sharp knife in oblongs, about two by three inches. Bake in slow oven till crisp all through and slightly browned. Serve with jam or marmalade.

## Oat Crackers

1¾ quarts rolled oats
¾ cup water or milk
¾ cup molasses
5 tablespoons oil
¾ teaspoon soda
1 tablespoon salt

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Put rolled oats through meat chopper. Add salt and soda to molasses and milk; combine mixtures. Add oil; beat well, or knead with hands. Roll out to a very thin sheet; cut in two-inch squares. Bake about twenty minutes in slow oven. They should be crisp all through, but not very brown. This makes about one hundred. Serve with jam or Neufchatel cheese, or with both.

### Cinnamon or Maple Toast

Cream together one cup margarine and one cup brown sugar, which has been mixed with five teaspoons cinnamon; this is sufficient for fifty or sixty large half-slices. Trim off any burned or very dark crusts, and toast lightly on both sides. Spread with above mixture, and put back in hot oven long enough to partly melt sugar. Serve very hot. Or use finely shaved maple sugar and omit cinnamon.

### Prune Toast

2 pounds prunes
4 quarts water
1 to 2 cups sugar
½ teaspoon salt
¾ cup cornstarch
⅛ cup orange rind
50 half-slices of French toast

Wash prunes, add cold water; soak twenty-four or more hours. Add salt, and orange rind cut in thin shavings. Cook in double boiler or fireless cooker two or three hours. Do not stir, but cook until prune meat springs back from stone when pressed with finger. Drain off liquid; there should be three quarts. Add water to make up required amount, bring to boil; thicken with cornstarch which has been mixed with sugar. Boil two or three

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minutes; add carefully stoned prunes. Serve hot on French toast made with rye, barley, Graham, or white bread. This allows about two large prunes to each serving.

### Biscuit Toast

Roll Rye Meal Biscuit dough to one-half inch in thickness. Cut in rounds or squares; bake in hot oven. Split in halves, toast slightly and quickly in broiling oven, and cover with White Sauce II. Or add sauce without toasting.

### Brown Bread Toast

Toast any kind of steamed brown bread, or crisp in oven, but be very careful not to burn it. Dip in cold salted water, arrange on buttered platters, put in oven two or three minutes to reheat, and cover with Cheese Sauce. Garnish with crisp bacon when possible.

### Barley Doughnuts

| | |
|---|---|
| 5 well-beaten eggs | 1½ quarts barley flour |
| 2 cups sugar | 1¼ quarts pastry flour |
| 1⅔ cups sour milk | 2½ teaspoons soda |
| ⅓ cup shortening | 1 tbspn. baking powder |
| 2 teaspoons salt | 1 teaspoon cinnamon |

Add sugar, milk, and shortening to eggs. Mix and sift flour with remaining ingredients, and add to first mixture; chill. Toss on floured board; pat and roll into sheet one-half inch in thickness, but be careful not to work more flour into dough. Shape with doughnut cutter, dipped in flour each time of using. Fry in deep fat, drain on paper. Roll in sugar.

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## Corn Meal Doughnuts

2¼ cups milk
3¾ cups very fine white corn meal or flour
4½ cups pastry flour
¾ cup shortening
2¼ cups sugar
6 eggs, well beaten
1 tablespoon cinnamon
⅛ cup baking powder
1 tablespoon salt

Heat milk and meal together in double boiler about thirty minutes; add shortening and sugar. Sift together remaining dry ingredients. When first mixture is cool, add eggs and dry ingredients. Roll, cut, and fry as Barley Doughnuts.

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# CAKES AND COOKIES

## Plain War Cake I

1¼ cups margarine or oil
2½ cups sugar
1¼ cups corn syrup
1¼ cups milk
6¾ cups barley flour
1 teaspoon salt
3 tbspns. baking powder
10 eggs, beaten separately
1 tablespoon vanilla or
2 tbspns. mace or nutmeg

Cream shortening and sugar together; add corn syrup and yolks. Mix and sift dry ingredients, and add alternately with milk to first mixture. Add flavoring and beat hard; fold in stiff whites. Bake in shallow pans in moderate oven.

## Plain War Cake II

Make and bake as Plain War Cake I. Instead of using all barley flour, use one quart barley flour and one and three-fourths cups cornstarch or potato flour.

## Plain War Cake III

Make and bake as Plain War Cake I. Instead of using all barley flour, use one quart barley flour and two and two-thirds cups rice flour.

## Marble Cake

Use any Plain War Cake recipe. Divide mixture into two parts. To one part add five teaspoons maple flavoring, or one-third cup dark molasses and two teaspoons mixed spice, or three ounces melted chocolate. Put in shallow cake pans in alternate and irregular layers of light and dark batter. If chocolate is used, add one-half tablespoon vanilla to light part.



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## Maple Syrup Cake

1½ cups oil
1½ cups sugar
14 egg yolks or
7 whole eggs
3½ cups maple syrup
1¼ cups hot water
2 cups potato flour
4¾ cups barley flour
3 tbspns. baking powder
1⅔ teaspoons soda
1¾ teaspoons ginger
1 teaspoon salt

Sift dry ingredients together. Cream sugar and oil, add well-beaten eggs and maple syrup, beating hard. Add dry ingredients alternately with hot water. Bake in shallow pans.

## White War Cake I

1 cup margarine
2 cups sugar
1 cup white corn syrup
16 egg whites
5 tspns. orange extract or any desired flavor
¼ cup baking powder
1 cup milk
3 cups pastry flour
1½ cups potato flour or
2¼ cups rice flour or
1½ cups cornstarch

Cream margarine and sugar together; add corn syrup and beat well. Sift dry ingredients together; add alternately with milk to first mixture. Add extract, and beat very thoroughly. Fold in stiffly beaten whites. Bake in shallow pans in moderate oven.

## White War Cake II

1 cup oil or margarine
2 cups sugar
16 egg whites
1 cup milk
1 cup white corn syrup
¼ cup baking powder
3 cups white corn flour
2 cups rice flour
2 teaspoons vanilla or any preferred flavor

Make and bake as White War Cake I.

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### Layer Cake

Use any recipe for Plain or White War Cake. Bake in layers, or bake in sheets and split in two. Put any desired filling between, and war frosting or powdered sugar on top.

### Cream Cake

Use any Plain or White War Cake recipe. Bake in layers, and put whipped cream or Cream Filling between layers. Spread top with war frosting, or sprinkle with powdered sugar.

### Jelly Cake

Make and bake as Cream Cake, using jelly for filling.

### Nut Cake

Add three or four cups coarsely cut nut meats to White War Cake I. Bake in shallow pans or in muffin pans.

### Banana Cake

Bake any plain or sponge cake in shallow pans. Split open; put Banana Filling between layers and on top. Finish with whipped cream when practicable.

### Columbia Cake

| | |
|---|---|
| 5 cups barley flour | 1 teaspoon salt |
| 1½ cups white corn meal | 2½ cups raisins |
| 2 cups sugar | 2 cups milk |
| 1 cup corn syrup | 1⅓ cups oil |
| 1½ teaspoons nutmeg | 1 tablespoon vanilla |
| ¼ cup baking powder | ½ tbspn. lemon extract |

Put raisins through meat chopper, and mix with corn meal. Sift remaining dry ingredients together. Heat

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milk, syrup, and oil to boiling point; add vanilla and lemon, and stir into dry ingredients, but do not beat too much. There should be tiny lumps throughout the mixture. Add raisins, and mix well. Bake in loaves, in moderate oven, about an hour, or until done. Keep several days before using.

### Cocoanut Cake

Use any recipe for Plain or White War Cake. Bake in layers; put Cocoanut Filling between layers, and Cocoanut Frosting on top.

### Spanish Corn Cake

1 cup margarine or oil
3 cups sugar
6 eggs
3 cups corn syrup
3 cups milk
2⅓ tablespoons mace
1 tablespoon salt
1¼ quarts rice flour
1¾ quarts corn flour or bolted corn meal
10 tablespoons baking powder

Cream together margarine and half the sugar. Beat eggs very light, add remaining sugar and syrup, and beat the two mixtures together, then add milk. Sift dry ingredients together; combine with first mixture. Cinnamon may be used in place of mace. Bake in shallow, well-oiled pans forty-five minutes, or until done.

### Sunshine Cake

3¾ cups white sugar
⅞ cup boiling water
15 egg whites
1 teaspoon salt
1½ teaspoons cream tartar
18 egg yolks
1 tablespoon vanilla
2 cups potato flour

Boil sugar and water together to about 217° F., or until it threads. Beat whites until foamy, add cream tartar, and

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beat until stiff and dry. Beat in syrup gradually, and continue beating until mixture is cool. Fold in vanilla and well-beaten yolks, then fold in flour as quickly as possible. Bake in shallow pans from thirty to forty-five minutes, or in tube pans from fifty to sixty minutes.

### Royal Sponge Cake

1 cup sugar
2 cups boiling water
½ cup cold water
3 cups barley flour
1 cup potato flour
2 teaspoons salt
3 tbspns. baking powder
3 cups white corn syrup
12 eggs
4 teaspoons flavoring

Boil syrup, sugar, and water until it threads; add to stiff whites, beating until mixture is cold. Sift dry ingredients together three times. Beat yolks until thick and lemon colored; add alternately with flour to first mixture, folding in as quickly as possible. Mix cold water and any desired flavoring, and add to mixture. Bake at about 365° F. until half done, then raise to 400°.

### Barley Sponge Cake

1 quart barley flour
3 cups sugar
16 egg yolks
¼ cup lemon juice
½ teaspoon salt
16 egg whites

Beat yolks till thick and lemon colored. Beat sugar into yolks, and add lemon juice. Fold in alternately whites which have been beaten until stiff and dry, and flour which has been sifted with salt. Bake in shallow pans, tube pans, or muffin pans. Bake at 365° F. until half done, then raise heat to 400°. The extra lemon is to counteract barley flavor. Add an extra cup of sugar when conservation of sugar is unnecessary.

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## Golden Puff

1¼ cups rice flour
1¼ cups potato flour
2½ cups sugar
15 eggs
2½ teaspoons salt
¼ cup lemon juice or
2½ teaspoons extract
2½ teaspoons cream tartar

Beat yolks until thick and lemon colored; add sugar gradually, beating all the time; add lemon. Beat whites until foamy, add cream of tartar, and beat until stiff and dry. Sift flour and salt together, and fold into yolks alternately with whites. Bake as any sponge cake.

## Corn Sponge Cake

3 cups corn flour
3 to 4 cups sugar
16 eggs
½ cup lemon juice or
1 tablespoon extract
½ teaspoon salt

Make and bake as Golden Puff. The acid is to counteract the corn flavor.

## Sour Cream Cake

2 cups thick, sour cream
1 cup sour milk
2 cups sugar
1 cup corn syrup
8 eggs, well beaten
4 teaspoons soda
2 teaspoons salt
1 teaspoon nutmeg or mace or cinnamon
1¾ quarts barley flour

Beat eggs, add sugar, and beat well; add cream, milk, and syrup. Sift dry ingredients together, and combine mixtures. Bake about an hour in loaves in moderate oven. Serve hot with butter.

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## Chocolate Gingerbread

3½ cups mild molasses
7 ounces chocolate
1¾ cups hot water
3½ teaspoons soda
⅔ cup oil or butter
3½ teaspoons ginger
3½ teaspoons cinnamon
1¾ teaspoons salt
3½ cups barley flour
2⅔ cups rice flour

Mix molasses and hot water; add half of oil, then flour which has been sifted with dry ingredients. Add melted chocolate and remaining oil. Pour into shallow, oiled pans to one inch or less in depth. Bake in moderate oven. Serve plain, with vanilla icing, or with whipped cream.

## Scotch Gingerbread

1 quart barley or rye flour
1 quart pastry flour
2 cups sugar
2 teaspoons soda
4 tspns. baking powder
2 tspns. mace or nutmeg
1 tablespoon cinnamon
2 teaspoons salt
2 cups raisins
1 cup preserved ginger
1 cup blanched almonds
2 cups molasses
1½ to 2 cups oil or fat
8 well-beaten eggs

Sift together the dry ingredients. Slice ginger and chop almonds very fine, and add these with raisins to first mixture. Heat fat and molasses to boiling point, and stir into dry mixture. Add eggs and beat well. Bake in loaf or sheet in moderate oven.

## Indian Gingerbread

1 cup oil or fat
1 quart dark molasses
1 pint boiling water
1 quart barley flour or
1⅛ quarts pastry flour
1 quart corn flour or meal
2 teaspoons salt
2 tablespoons ginger
2 teaspoons cinnamon
4½ teaspoons soda

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Sift dry ingredients together; mix molasses, water, and oil, and combine with first mixture. Beat well, and bake in shallow cake pans or muffin pans.

## Pork Cake

1½ pounds salt pork
1 quart hot water
2 cups molasses
3 to 4 cups brown sugar
3½ cups corn flour
2 quarts rye flour
2 tbspns. baking powder
4 tablespoons cinnamon
1 tablespoon nutmeg
1 tablespoon cloves
2 teaspoons soda
1 quart raisins

Chop pork very fine; add water, molasses, sugar. Sift dry ingredients together, and add to first mixture. Add raisins which have been mixed with a little of the flour; mix well, and put into long, narrow cake pans which have been oiled and floured. Bake in slow oven an hour, or until done. This cake is better after standing a few days.

## Date Cake

1½ cups oil or fat
3 to 4 cups brown sugar
1 cup corn syrup
1½ cups milk
10 eggs, well beaten
1 tablespoon cinnamon
2 teaspoons nutmeg
4 tbspns. baking powder
2 quarts barley flour
2 pounds dates

Sift flour and dry ingredients, except sugar. Wash, dry, and stone dates, and cut in pieces. Roll sugar if it is lumpy. Put all ingredients together in mixing pan, and beat three minutes, using spoon with slits, or use cake mixer. Bake in shallow cake pans, in moderate oven, forty to fifty minutes; or in muffin pans thirty to forty minutes.

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## Molasses Cakes

1 cup oil or fat
2 cups sugar
¾ quart molasses
2 quarts rye flour
1 tablespoon soda
2 tbspns. baking powder
4 tablespoons ginger
1⅓ tablespoons allspice
1 teaspoon salt
3 cups water or milk

Cream sugar and oil together, add molasses; beat well. Sift dry ingredients together, and add half to the first mixture. Add milk and remaining flour alternately. Mix well and pour into greased individual cake pans, and bake in moderate oven thirty to forty-five minutes. Or pour into shallow cake pans to depth of one inch or less.

## Chocolate Cake

1½ to 2 cups margarine
1 quart sugar
8 eggs, well beaten
2 cups thick sour milk
1 cup corn syrup
2 quarts pastry flour or
7½ cups barley flour
4 teaspoons soda
8 ounces chocolate
1 cup boiling water

Cream sugar and margarine; add syrup, well-beaten eggs, milk, and chocolate which has been melted and mixed with boiling water; then add flour which has been sifted with soda. Bake in shallow pans, in moderate oven, forty-five minutes, or until done.

## Raisin Cake

1½ quarts raisins
3½ to 4½ cups sugar
2 quarts barley flour
1¼ cups margarine
1 teaspoon salt
2½ cups raisin water
5 eggs
5 teaspoons soda
5 teaspoons nutmeg
5 teaspoons cinnamon

Cover raisins with one and one-fourth quarts boiling water; simmer twenty minutes, drain, and reserve raisin

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water. Cream sugar and margarine; add beaten eggs, raisin water, and dry ingredients which have been sifted together. Mix raisins with one and one-third cups extra flour, and add to first mixture. Bake in shallow pans in moderate oven.

### Coffee Spice Cake

2 cups shortening
2½ cups molasses
2½ cups coffee
5 well-beaten eggs
2¾ quarts barley flour
2½ cups sugar
5½ tablespoons soda
1 teaspoon salt
1 tablespoon cinnamon
2 teaspoons cloves
2 teaspoons allspice
2½ cups raisins

Cream sugar and shortening together; add eggs and molasses. Sift flour with spices, salt, and soda. Add to first mixture, alternating with coffee, then add raisins. Bake in loaves or sheets.

### Apple Sauce Cake

5 cups apple sauce
1¼ cups fat
3½ cups sugar
1 teaspoon salt
2½ teaspoons nutmeg
1⅔ tablespoons soda
1½ tablespoons cinnamon
2 quarts barley flour
½ cup corn syrup
3 cups raisins

Mix raisins with one-half cup extra flour. Mix and sift dry ingredients together. If sauce is unsweetened, add half a cup more sugar. Cream sugar and fat together; add syrup, apple sauce, and flour, then floured raisins. If sauce is very moist, another cup flour may be needed. Bake in shallow pans, in moderate oven, forty-five minutes, or until done.

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## War Fruit Cake I

1 quart brown sugar
1¼ quarts water
3 or 4 cups seedless raisins
½ pound citron
1⅓ cups oil or drippings
2 teaspoons salt
4 teaspoons nutmeg
4 teaspoons cinnamon
1 quart corn flour
1 quart rye flour
7 tbspns. baking powder

Cut citron in small, thin slices. Wash and dry raisins. Boil sugar, fruit, water, salt, shortening, and spices together five minutes; cool. Add flour which has been sifted with baking powder. Beat well. Bake in loaves, in moderate oven, forty-five to sixty minutes.

## War Fruit Cake II

Make like War Fruit Cake I, substituting two quarts barley flour for corn and rye flour.

## Priscilla War Cake

1 quart brown sugar
1 quart water
1 quart raisins
1⅓ cups oil or mild drippings
4 teaspoons nutmeg
4 teaspoons cinnamon
1 tablespoon salt
⅓ cup baking powder
½ quart pastry flour
1½ quarts rye flour
2 to 4 cups nuts

Cook together for five minutes the first seven ingredients; cool. Sift dry ingredients together, and add to first mixture with coarsely chopped nuts. Bake slowly in loaves forty to sixty minutes.

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## FILLINGS AND FROSTINGS

### Cream Filling

1½ cups sugar
⅓ cup potato flour or
⅞ cup rice flour
½ teaspoon salt
6 beaten eggs
1½ quarts milk
1 teaspoon vanilla
1 cup white corn syrup

Mix dry ingredients; add slightly beaten eggs, then syrup; and gradually hot milk, stirring constantly until thickened, then occasionally. Cook about twenty minutes in double boiler. Cool, and add flavoring.

### Chocolate Cream Filling

Melt four ounces chocolate or cocoa over hot water. Add to Cream Filling which has been made with two cups syrup, no sugar, and only one quart milk.

### Maple Frosting

2½ pounds maple sugar
1½ cups water
4 to 6 egg whites

Shave sugar as fine as possible; add water, cook to soft ball stage. Beat egg whites until stiff and dry; add syrup slowly, beating all the time. Set bowl containing frosting over hot water, and cook for a few minutes, stirring hard. Remove from hot water as soon as mixture becomes slightly granular around edge of bowl. Beat until mixture holds its shape but spreads smoothly. One or more cups coarsely cut nuts may be added.

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### Fruit and Nut Filling

¾ cup hot water
3 cups corn syrup
1½ cups sugar
1½ cups cut raisins
4 to 6 egg whites
1½ cups cut nuts
12 stewed and cut figs or
24 stoned and cut dates

Boil sugar, syrup, and water to soft ball stage. Add gradually to whites which have been beaten until stiff but not dry. Beat until of right consistency to spread, then add fruit and nuts.

### Banana Filling

Peel from four to six bananas. Mash thoroughly, and beat until creamy.

### Peach Filling I

Rub fresh or canned peaches through strainer, and use with or without whipped cream. Canned peaches should be drained first.

### Peach Filling II

1¼ quarts canned peach juice and pulp
1 teaspoon salt
¾ cup cornstarch
Sugar to taste
1 teaspoon lemon extract

Mix cornstarch, sugar, and salt; add boiling peach mixture and boil five minutes, stirring often. Cool and flavor. Apricots may be used in same way.

### Cocoanut Cream Filling

Add two cups shredded cocoanut to Cream Filling.

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### Cocoanut Frosting

Beat three large egg whites until stiff; beat in two cups powdered sugar; flavor with almond extract. Sprinkle thick with cocoanut. Makes enough to cover three cakes about nine or ten inches square.

## COOKIES

### To Bake Cookies

Use baking sheets or large meat pans. The pans may be turned bottom side up. Brush thoroughly with oil or melted fat, but never flour them. Allow from one to two inches of space between cookies. Brush off loose flour. Bake on lower grate of oven until about half done; finish on upper grate. If cookies do not bake evenly, remove those that are done from pan, and put the others back to finish baking.

### Fruit Cookies

1½ cups sugar
1 cup shortening
3 eggs, well beaten
½ cup molasses
½ teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon ginger
1 cup corn flour
2 cups rice or wheat flour
Barley flour to roll
2 cups seeded raisins

Wash, dry, and chop raisins. Stir shortening and sugar together, add eggs, and beat hard; add molasses. Sift all ingredients except barley flour together; combine mixtures, and add barley flour to roll. Roll to one-fourth inch thickness; cut in rounds or fancy shapes. Bake in moderate oven. Makes about one hundred medium-sized cookies.

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## Peanut Cookies

¾ cup cooking oil
1¾ cups sugar
4 eggs, well beaten
3 tbspns. baking powder
¾ cup milk
½ cup corn syrup
1 teaspoon lemon juice
2⅔ cups rice flour
1 quart corn flour
3 cups or more peanuts

Cream oil and sugar together; add eggs, and beat hard. Add milk, syrup, and dry ingredients sifted together. Add coarsely chopped nuts and lemon juice. Drop by teaspoonfuls, one inch apart, on oiled pans. Bake in slow oven. Makes about one hundred and fifty quite small cookies.

## Oatmeal Macaroons

6 tablespoons fat
2½ cups corn syrup
¾ cup sugar
6 eggs, well beaten
2½ quarts rolled oats
½ cup barley flour
1½ teaspoons salt
2 tbspns. baking powder

Sift flour, baking powder, and salt together; add rolled oats. Mix remaining ingredients, combine mixtures; add four teaspoons almond extract. Beat well. Drop from teaspoon onto oiled pans, and bake fifteen to twenty minutes in moderate oven.

## Molasses Hermits

1½ cups brown sugar
1¼ cups shortening
3 tablespoons vinegar
1 tablespoon salt
1 tablespoon ginger
½ teaspoon cloves
1 teaspoon cinnamon
1 tablespoon soda
1½ cups molasses
1½ cups coffee
2 cups raisins, chopped
1¾ quarts barley flour

Cream sugar and shortening together; add molasses, vinegar, and coffee. Mix and sift dry ingredients to-

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gether; combine mixtures. Add raisins, which may be mixed first with a little of the flour. Beat well. Drop from tip of spoon, one inch apart, on well-greased pans. Bake in hot oven.

### Surprise Cookies

1 cup shortening
1½ cups sugar
1 cup corn syrup
2¼ quarts barley flour
4 well-beaten eggs
2 teaspoons cream tartar
1 teaspoon soda
2 teaspoons salt
4 teaspoons vanilla
½ cup water

Rub shortening and sugar together; add eggs, and beat well. Then add syrup, water, vanilla, and flour which has been sifted with dry ingredients. Roll one-fourth inch thick; cut in three-inch rounds and put filling between, pressing edges together. Bake in moderate oven.

#### Filling

3 cups raisins
3 tablespoons cornstarch
1½ cups corn syrup
¾ cup hot water

Mix cornstarch with four tablespoons cold water; add syrup, hot water, and finely chopped raisins. Cook in double boiler; cool.

### Chocolate Drop Cookies

1¼ cups sugar
1¼ cups corn syrup
3 eggs, well beaten
1¼ cups milk
1 cup shortening
¾ teaspoon salt
3¾ cups rye flour
2¾ cups barley flour
2½ teaspoons soda
1¼ teaspoons cream tartar
2½ teaspoons vanilla
6 or 7 tablespoons cocoa

Mix sugar, cocoa, salt, melted shortening, and syrup together; add eggs, milk, and flour sifted with soda and

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cream of tartar, and then vanilla. Drop by teaspoonfuls, and bake in moderate oven. Coarsely cut nuts may be added. Makes about five dozen cookies of medium size.

### Columbia Cookies

1 quart barley flour
1 quart rolled oats
1½ pints bran
1½ cups brown sugar
1 cup corn syrup
⅓ cup molasses
1½ cups shortening
½ cup milk
½ teaspoon cloves
2 teaspoons cinnamon
1 teaspoon allspice
½ teaspoon nutmeg
2 teaspoons salt
1 teaspoon soda
3 eggs, well beaten
2 or more cups raisins

Sift together flour, spices, salt, and soda; add bran and rolled oats. Beat eggs; add sugar, molasses, milk, syrup, and shortening; combine mixtures. Add raisins which have been washed, dried, and chopped if necessary. Beat well; drop by tablespoonfuls, an inch apart, on oiled pans. Bake in moderate oven. Makes about six dozen good-sized cookies.

### Buckwheat Drop Cookies

1 cup shortening
1 cup brown sugar
1 cup molasses
4 well-beaten eggs
1 teaspoon clove
3½ cups buckwheat flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon soda

Cream oil and sugar together; add eggs and beat hard, then add molasses. Sift dry ingredients together; combine mixtures. If preferred thicker, add one-half cup

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more flour. Drop by spoonfuls, two inches apart, on well-oiled pans. Bake in rather hot oven. Use lower grate until about half done, then finish on upper grate.

### Barley Sugar Cookies

| | |
|---|---|
| 4½ cups barley flour | 5 beaten eggs |
| 1¼ cups margarine | 2½ teaspoons cream tartar |
| 2½ cups sugar | 1¼ teaspoons soda |
| 1 teaspoon salt | 1 teaspoon vanilla |

The vanilla may be omitted, or other flavoring substituted if desired. Cream shortening and sugar together; add eggs, then flour mixed and sifted with soda, salt, and cream tartar. Chill; roll quite thin; cut in small rounds or fancy shapes. Place an inch apart in oiled pans. Bake in moderate oven, the first half of the time on lower grate, then on upper grate to finish.

### Bran Drop Cookies

| | |
|---|---|
| 2 cups brown sugar | 1¼ teaspoons soda |
| 2 cups sour milk | 1 teaspoon salt |
| 2 cups bran | 1 cup shortening |
| 2 cups barley flour | ¼ cup molasses |
| 1½ cups corn flour or bolted corn meal | 2 or more packages dates |
| | 1 or more cups nut meats |

Sift together flour, corn meal, soda, and salt. Add molasses to sugar, beat well; add sour milk, bran, and shortening; combine mixtures. Add coarsely cut nuts and dates. Drop by spoonfuls, one inch apart, on oiled pans. Bake in moderate oven.

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## Nut Molasses Bars

1½ cups margarine or
1¼ cups oil
¾ cup boiling water
1½ cups brown sugar
1½ cups molasses
1 tablespoon soda
1¼ quarts barley flour
1½ tablespoons ginger
1 teaspoon nutmeg
1 tablespoon salt
⅜ teaspoon clove
Chopped nut meats

Pour hot water over shortening; add molasses and sugar. Sift dry ingredients, and combine mixtures. Chill. Roll one-fourth inch thick; cut in strips three and one-half inches long by one and one-half inches wide. Sprinkle with chopped nut meats, and bake about ten minutes.

## Alada Rolls

½ cup margarine
1 scant cup pastry flour or
⅞ cup rye flour
⅔ cup sugar
1 tablespoon ginger
½ cup molasses

Heat molasses to boiling point, add shortening; then, while stirring constantly, add slowly flour which has been sifted with ginger and sugar. Drop small portions, two inches apart, from tip of spoon on oiled pans. Bake in slow oven, cool slightly, and roll over handle of wooden spoon. This makes five or six dozen rolls. Serve with coffee, or for afternoon tea.

## Cottage Cheese Cookies

¾ cup shortening
3 cups sugar
3 well-beaten eggs
3 cups cottage cheese
¾ teaspoon soda
1 tbspn. baking powder
¾ teaspoon nutmeg
4½ cups barley flour

Cream shortening; add sugar, beaten eggs, and cottage cheese. Sift dry ingredients together, and add to first

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mixture. The amount of flour depends upon amount of moisture in cheese; use more if needed. Cookies should be rather thin when done.

### Date Crackers

| | |
|---|---|
| 2½ pounds dates | 1¾ quarts barley flour |
| 1½ cups corn syrup | 2½ teaspoons soda |
| 1 cup brown sugar | 1 teaspoon salt |
| 1 cup cold water | 1¼ cups hot water |
| 1½ quarts rolled oats | 1 cup white sugar |

2 cups oil

Wash and stone dates; mix with cold water, syrup, and brown sugar, and cook until soft. Cool. Sift flour, salt, and soda together. Rub white sugar and shortening together; add hot water, rolled oats, and flour. Mix well; roll in two thin, square sheets. Spread date mixture on one, and cover with the other. Cut in three-inch squares, or in oblongs three by two inches. It is easier not to roll all the dough at once. Bake in rather hot oven.

### Cocoanut Marguerites

| | |
|---|---|
| 1½ cups sugar | ¼ cup shredded cocoanut |
| ¾ cup water | ⅜ teaspoon vanilla |
| 8 marshmallows | 1½ cups walnut meats |
| 3 egg whites | Unsweetened wafers |

Boil sugar and water until syrup threads. Remove to back of range, and add marshmallows cut in pieces. Add to stiff whites of eggs, beating all the time. Add cocoanut, vanilla, and coarsely cut nuts. Spread saltines or unsweetened wafers with mixture, and bake in moderate oven until delicately browned. Serve with coffee for dessert, or for afternoon tea.

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## Maple Marguerites

1 pound maple sugar
½ cup boiling water
2 egg whites
2 cups walnut meats

Cut sugar as fine as possible; add water, and boil to soft ball stage. Cool slightly, beat into stiff whites, and continue beating until mixture is of consistency to spread. Add half of coarsely chopped nuts, spread on crackers or unsweetened wafers; sprinkle with remaining nuts. Serve with coffee, or for afternoon tea.

## Marshmallow Marguerites

Spread unsweetened wafers with butter substitute. Place a marshmallow on each, with a bit of butter on top of marshmallow. Bake in hot oven one or two minutes, or until marshmallows puff up. Serve at once.

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# EGGS

## Scalloped Eggs and Onions

| | |
|---|---|
| 1 peck onions | 3 quarts White Sauce II |
| 25 to 50 eggs | 1 quart soft crumbs |

Peel onions; cut in two or more pieces, if necessary, in order to have them of uniform size. Cover with cold water, add one teaspoon soda, boil two minutes, drain. Add boiling water to cover; boil five minutes; drain. Add boiling water to more than cover, with two tablespoons salt, and boil until soft; drain thoroughly.

Cook eggs thirty to forty minutes in water at simmering point. Remove shells; cut in thick slices, or in quarters lengthwise.

Put layer of onions in bottom of baking dishes, then layer of eggs. Cover with onions, and add white sauce. Mix crumbs with one-half cup melted oleo, sprinkle on top, and bake until crumbs are brown. If necessary, the crumbs may be omitted. If a small number of eggs is used, it is well to have more onions; or add some cold boiled potato cut in cubes, or left-over boiled rice or samp.

## Potato Omelet with Bacon

| | |
|---|---|
| 6 quarts diced potato | 3 tablespoons salt |
| 2 to 4 dozen eggs | 1 teaspoon pepper |
| 3 quarts hot milk | 50 small slices bacon |

Arrange slices of bacon close together in meat pans, and cook in oven until crisp and slightly browned. Remove from fat and keep hot. Cut cold boiled potatoes



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in dice, turn into hot fat, and cook until hot and a little browned. Remove to casseroles. Beat eggs thoroughly; add salt, pepper, and hot milk. Pour over potatoes, cover, and bake in moderate oven until egg is set throughout. Lay slices of bacon on top, and serve at once. If more than two dozen eggs are used, additional salt will be needed.

### Smothered Eggs

| | |
|---|---|
| ¾ peck potatoes | ½ cup minced parsley |
| 2 quarts White Sauce II | 6 tablespoons onion |
| 25 to 50 eggs | 4 tablespoons salt |
| 1 quart hot milk | 2 teaspoons pepper |

Peel and boil potatoes, put through ricer; add salt, pepper, and hot milk to make creamy, but not sloppy. Beat well.

Cook eggs until hard; cut in slices. Put a layer of potato in bottom of baking dishes; cover with eggs, sprinkle with finely minced onion, add white sauce, and cover with remaining potato. Put in hot oven to brown slightly. The dishes may be made more attractive by putting the top layer of potato through potato ricer again, or through pastry bag.

### Eggs in Potato Nests

| | |
|---|---|
| 1 peck potatoes | 5 tablespoons salt |
| 2 quarts hot milk | 2 teaspoons pepper |
| 1 or 2 cups margarine | 50 eggs |

Peel and boil potatoes, put through ricer; add salt, and milk to make creamy. Beat until fluffy. Pile in baking dishes, making little hollows or nests for the required number of eggs. Break an egg into each nest, sprinkle

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with salt and pepper, dip a little melted margarine over each; cover dishes, and cook in oven until whites are firm. Serve for luncheon or dinner.

### Curried Eggs with Green Peas

3 quarts White Sauce II
6 quarts cooked peas
4 teaspoons or more curry
25 to 50 hard-cooked eggs

Fresh or canned, or stewed dried green peas may be used. In making white sauce, add curry to flour before stirring into fat. If only twenty-five eggs are used, two quarts boiled rice may be added to sauce. Pile sliced eggs in center of platters, with border of peas; then pour hot sauce over eggs.

### Scrambled Eggs with Smoked Halibut

Pour hot water over one or two pounds smoked halibut, let stand ten or fifteen minutes; drain, and cut in half-inch pieces, or in shreds.

Prepare scrambled eggs as usual, omitting salt. Add halibut two or three minutes before serving, and salt to taste.

### Scotch Woodcock

50 hard-cooked eggs
4 quarts White Sauce II
1 teaspoon pepper
1 pound grated cheese

Cook eggs thirty minutes in water just at the boiling point. Put into cold water a few minutes; remove shells. Cut in two lengthwise, and each half in two or three pieces crosswise; put into baking dishes. One or two quarts of boiled rice, samp, or macaroni may also be added.

Melt cheese in white sauce, and add to eggs, lifting them with a fork to allow sauce to moisten them uni-

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formly. Sprinkle a little of the cheese over top; or cover top with soft crumbs, using a quart of crumbs and one-half cup melted margarine. Bake twenty minutes, or until crumbs are browned.

### Corn Meal Omelet

| | |
|---|---|
| 3 quarts milk | 18 eggs |
| 1½ cups corn meal | 2 tablespoons salt |
| 1 teaspoon pepper | 1½ cups drippings |

Put corn meal and milk into double boiler, and bring to scalding point; then cook twenty minutes or so, and add slowly to well-beaten yolks. Add salt and pepper, and fold in stiffly beaten whites. Put four tablespoons drippings in each baking dish, and turn in the omelet mixture. Bake forty-five minutes, or until a knife comes out clean. Serve at once.

### Brown Bread Omelet

| | |
|---|---|
| 2 quarts dark bread in half-inch cubes | 24 eggs |
| ½ cup barley flour | 2 tablespoons salt |
| 3 quarts milk | 1½ teaspoons pepper |
| | ¾ cup drippings |

Cook the bread cubes in the drippings until the fat is absorbed. Rub the flour smooth in a little milk; add milk, beaten yolks, bread, and seasonings, and fold in the stiffly beaten whites. Pour into well-oiled baking dishes, and cook in a moderate oven until firm; requires from thirty to forty-five minutes. Serve at once.

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# SOUPS AND CHOWDERS

## Lettuce Soup

10 quarts chopped lettuce
6 quarts stock or water
6 quarts hot milk
1 cup minced onion
¾ cup potato flour
1½ cups butter substitute
6 tablespoons salt
2 teaspoons pepper

The coarser outside leaves may be used for soup, reserving the hearts for salad. Chop fine or put through meat chopper. Add boiling water or stock and onion; boil twenty minutes. Stir flour and fat until smooth, add milk, and cook twenty minutes in double boiler. Combine mixtures, add seasonings, bring to boil, and serve at once.

## Tapioca Soup

2 No. 10 cans tomatoes
7 quarts stock
1 cup chopped onion
5 bay leaves
3 teaspoons cloves
5 tablespoons salt
1 teaspoon peppercorns
2 teaspoons paprika
4 tablespoons sugar
1½ cups pearl tapioca
1 quart cold water
3 quarts mixed vegetables

Soak tapioca in cold water several hours, then cook until clear in double boiler. Cook the first nine ingredients together twenty minutes, add one teaspoon soda; strain, and add to tapioca. Cut into small pieces cooked carrot, turnip, solid portions of tomato, or other vegetables, in any convenient proportion; add a few cooked peas, and stir into soup. Bring to boil, and serve at once.



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## Parsnip Chowder

1 pound fat salt pork or
2 pounds fresh pork
2 quarts diced potato
4 quarts diced parsnip
6 quarts boiling water
5 quarts hot milk
2 cups chopped onion
5 tablespoons salt or more
1 teaspoon pepper
½ cup potato flour or more

Cut pork in small cubes, cook slowly until brown; remove pork, and reserve one cup of fat. Cook onion slowly in remaining fat five minutes. Put parsnip, onion, pork cubes, and boiling water into kettle, boil thirty minutes; add potatoes, and cook twenty minutes, or until vegetables are soft. Add flour to reserved pork fat; add hot milk, stir well, and cook in double boiler twenty minutes. Combine mixtures, add seasonings, bring to boil, and serve at once.

Left-over roast or boiled pork may be used, without browning it.

## Cream of Spinach Soup

½ bushel spinach or
4 quarts cooked spinach
4 quarts boiling water
5 tablespoons salt
½ cup cornstarch
1 cup pork fat
8 quarts hot milk
2 teaspoons pepper

Wash spinach thoroughly, add water and part of salt, boil until very soft; rub through purée strainer. If cooked spinach is used, add water and put through strainer without further cooking. Melt fat, add flour, stir until smooth; add hot milk, and cook in double boiler twenty minutes or so. Combine mixtures; add remaining salt, pepper, and one-half teaspoon nutmeg if liked. Serve very hot.

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## Cream of Cress Soup

18 bunches watercress or
10 quarts chopped cress
½ cup minced onion
2 cups rice
10 quarts stock
3 quarts rich milk
5 or more tablespoons salt
1 teaspoon pepper
2 cups fat
Nutmeg to taste

Wash cress, and chop stems and all very fine. Cook onion in fat slowly for five minutes. Cook cress, stock, rice, and onion together till rice is quite soft; rub through purée strainer. Add hot milk and seasonings. Serve very hot. Or serve without straining.

## Lentil Soup

2 quarts lentils
10 quarts stock
2 quarts tomatoes
1 cup dry celery leaves
6 sprigs parsley
2 cups chopped onion
5 or 6 tablespoons salt
1 cup margarine
½ cup cornstarch
1 teaspoon pepper

Soak lentils over night in plenty of cold water; drain. Cook lentils, celery, parsley, onion, tomato, and stock together two hours, or until soft; rub through strainer. Rub fat and cornstarch together until smooth, add to soup with seasonings, boil five minutes; serve.

## Barley Soup

1 quart pearl barley
12 quarts water or stock
1 quart sliced onion
2 quarts chopped carrot
2 quarts chopped turnip
6 quarts chopped cabbage
5 or more tablespoons salt
1 teaspoon pepper
1 cup drippings
½ cup minced parsley

Cook vegetables five minutes in drippings; add barley, salt, pepper, and boiling water. Cook forty-five minutes,

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or until vegetables are tender. If water is used, add vegetable or beef extract, to flavor and color. Sprinkle with chopped parsley.

### Salmon Chowder

1 pound salt pork
1 cup sliced onion
5 quarts boiling water
5 quarts diced potato
1 cup fish oil or pork fat
2 teaspoons paprika
½ cup cornstarch
6 quarts hot milk
5 or 6 1-lb. cans salmon
5 tablespoons or more salt

Cook salt pork five minutes; add onion, and cook slowly five minutes longer. Add water and potato, and cook twenty minutes, or until soft.

Stir fish oil and cornstarch until smooth, add hot milk, and cook thirty minutes in double boiler. Separate salmon into flakes, remove skin and bones, and add to sauce, with seasonings. When hot, combine mixtures, and serve at once.

### Salt Fish Chowder

3 pounds salt codfish
½ pound diced salt pork
1 quart sliced onion
6 quarts sliced potato
4 quarts boiling water
8 quarts hot milk
½ cup potato flour or
½ cup cornstarch
½ cup chopped parsley
Salt and pepper to taste

More codfish may be used if desired. Cover with cold water, bring slowly to simmering point, and keep at that temperature until soft enough to shred fine.

Cook pork slowly until crisp; remove from fat, and cook onion slowly five minutes in the fat. Peel potatoes and cut in slices. If potatoes are large, cut in halves or quarters lengthwise before slicing. Put potatoes and

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onions in kettle, add boiling water, and cook twenty minutes, or until soft.

Add flour to cold pork fat, stir until smooth, and add to hot milk; cook in double boiler thirty minutes. Combine mixtures; add fish, chopped parsley, diced pork, and salt and pepper to taste. Serve with celery and crackers.

## Cream of Scallop Soup

6 or more quarts scallops
6 quarts rich milk
6 quarts water
1 cup potato flour
1 cup margarine
¾ cup minced onion
4 tablespoons salt
2 teaspoons pepper
¼ cup lemon juice
½ cup minced parsley
1 cup drippings

Wash scallops and chop fine. Melt one cup drippings, add onion and scallops, and cook until slightly colored; be very careful not to burn them. Add cold water, bring to boil, and simmer twenty minutes. Mix flour to a smooth paste with margarine, and add to milk which has been heated in double boiler; cook twenty to thirty minutes. Combine mixtures, add seasonings, and serve very hot.

## Peanut Butter Soup

1½ quarts peanut butter
3 cups chopped onion
½ bunch chopped celery
4 to 6 bay leaves
7 quarts stock
6 quarts White Sauce I
2 teaspoons paprika
Salt to taste

Cook peanut butter, onion, celery, and bay leaves in stock thirty minutes; rub through strainer. Add white sauce and seasonings.

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## Vegetable Chowder

5 quarts boiling water
1 quart diced carrot
1 quart diced turnip
1 quart cooked Limas
1 pint diced onion
1 pint cut green pepper
1 quart diced celery
1 quart diced potato
1 pound bacon or salt pork
½ cup potato flour
6 quarts hot milk
5 or more tablespoons salt
1 teaspoon pepper
½ cup chopped parsley

Boil water, carrot, and turnip together forty-five minutes or more; add remaining vegetables, and boil twenty minutes longer. Cut bacon in small cubes, cook slowly until crisp, and remove cubes. Stir flour into cooled fat, add hot milk, and cook twenty to thirty minutes in double boiler. Combine mixtures, add bacon cubes and seasonings; sprinkle with parsley.

## Mutton Broth

12 quarts mutton stock
2 quarts chopped tomato
1 cup chopped onion
2 quarts chopped turnip
2 quarts cut celery
1½ cups rice
3 quarts mutton
Pepper and salt to taste

Remove fat from stock. Add washed rice and vegetables, bring to boiling point, and cook forty minutes, or until vegetables are soft. Stir well at first, to prevent rice sticking. Add pepper, salt to taste, and mutton which has been cut in small bits. Bring to boil again, sprinkle with chopped parsley, and serve with dark bread croutons. If a thicker soup is wanted to serve as main course for luncheon, the amount of vegetables and rice may be increased as desired.

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## Potato Stew

8 to 10 pounds potatoes
1½ quarts sliced onion
2 cups diced celery
1½ pounds salt pork
8 quarts water
½ cup minced parsley
½ cup potato flour or
½ cup cornstarch
3 quarts milk
5 or more tablespoons salt
2 teaspoons pepper
3 cups grated cheese

Cut pork in half-inch cubes, cook slowly until crisp; remove pork, and reserve one cup fat. Add onion and celery to remaining fat, and cook five minutes. Cook potato, water, onion, celery, and pork scraps together slowly about forty-five minutes. Stir reserved fat and flour together, add hot milk, and cook twenty to thirty minutes in double boiler. Turn into potato mixture, add seasonings, bring to boil, and serve with grated cheese sprinkled over top.

## Country Chowder

4 quarts green corn pulp
3 quarts shelled Limas
4 quarts sliced potato
1 pint sliced onion
1 pound salt pork
½ cup minced parsley
8 quarts boiling water
4 quarts hot milk
½ cup potato flour or
½ cup cornstarch
6 tablespoons salt
1 teaspoon pepper

If potatoes are large, cut in halves or quarters lengthwise before slicing. Cut pork in half-inch cubes; try out fat. Remove pork, add onion to fat, and cook slowly five minutes. Cook beans, water, pork, and onion one hour, or until soft. Add potato, and boil ten minutes; add corn, and boil ten minutes longer. Stir flour into cooled pork fat, add hot milk, stir until smooth, and cook twenty min-

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utes in double boiler; add seasonings. Combine mixtures, and serve very hot. Sprinkle with parsley.

Dried Limas which have been soaked several hours in cold water, and canned corn, may be used in place of fresh vegetables.

## Swedish Soup

12 quarts veal stock
6 quarts cabbage
1½ quarts celery or
2 tbspns. celery seed
1 cup minced onion
1 cup chopped carrot
1 teaspoon pepper
1 cup drippings
4 bay leaves
½ teaspoon mace
1 quart diced veal
5 tablespoons or more salt

If the stock has been seasoned, less salt will be needed. Cook vegetables in drippings five minutes or more; add stock and bay leaves. Cook forty-five minutes, or until vegetables are done, replenishing stock if necessary. Add seasonings and diced veal. Serve boiling hot.

## Scotch Soup

12 quarts water
1½ quarts rolled oats
5 tbspns. or more salt
6 quarts sliced potato
2 quarts sliced onion
1 tablespoon celery salt
2 teaspoons pepper
1 cup drippings

Peel and slice *small* potatoes. Cook sliced onion in drippings. Put all ingredients into kettle, boil five minutes, and cook in fireless cooker or in Aladdin oven about an hour. Stock or meat gravy may be substituted for part of the water. Serve with cucumber pickles, and toasted muffins or dark bread croutons.

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## Plymouth Succotash

10 pounds corned beef
12 pounds fowl
6 quarts or more hulled corn or sweet corn
2 quarts diced potato
2 quarts diced turnip
1 quart dried Lima beans
Salt and pepper to taste

Cook corned beef and fowl separately, using about four quarts water for each; remove meat. Cool liquor, remove fat, and heat broths together. Add hulled corn, and let simmer from one to two hours.

Soak beans over night; drain, add boiling water, parboil thirty minutes. Drain, add to hulled corn. Shelled green beans may be used instead.

Add potatoes and white turnips about forty-five minutes before serving. Bring to boil, then keep at simmering point. Cut fowl and beef carefully in inch pieces; add to mixture, season to taste, and bring to boil. Serve like chowder, with small biscuit or rolls.

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# FISH

## Fish à la Pierce

| | |
|---|---|
| 1 to 3 pounds salt pork | 24 pounds cod |
| 3 to 6 green peppers | 3 quarts White Sauce II |
| 3 tablespoons salt or less | ½ pound cheese |

Cut fat pork in half-inch dice, cook slowly until golden brown, remove from fat. Use fat for white sauce.

Have fish skinned and boned at market; cut in pieces for serving. Put in casseroles, sprinkling each layer with diced pork, chopped peppers, and salt, allowing one tablespoon salt with each pound salt pork used. Add sauce, lifting fish so that all parts will be well moistened. Sprinkle grated cheese and bits of margarine over top, cover closely, and bake about an hour, uncovering for last ten minutes.

Haddock, tilefish, or any white fish may be used.

## Fish à la MacDermaid

| | |
|---|---|
| 24 pounds cod or haddock | 2 tablespoons salt |
| 2 pounds onion sliced | 1½ teaspoons pepper |
| 2 to 3 pounds salt pork | 1½ pounds cheese |

Cut onion in very thin slices; cut pork in thin slices and each slice in two pieces; grate cheese or cut in very thin slices. Put onion in bottom of agate platters or shallow pans. Wipe fish with wet cheesecloth, remove backbone; place fish, skin side down, on onion, sprinkle with salt and pepper, cover with bits of pork and cheese. Add milk barely to cover bottom of pan; it requires about a quart in all. Cook forty-five minutes, or until done and slightly



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browned. Add more milk if necessary, and cover pans part of the time if there is danger of browning too much. If possible, serve from dish in which it is cooked.

### Fish, Creole Style

| | |
|---|---|
| 24 lbs. cod or haddock | 1½ cups barley flour |
| 3 cups strained tomato | 1 tablespoon salt |
| 3 green peppers | 1 tablespoon sugar |
| 1½ cups oil | 3 tablespoons parsley |
| 3 tablespoons onion | 36 or more mushrooms |

Have fish skinned and boned at market. Brush bottom of broiling pan very thoroughly with oil or drippings, lay fish in pan, and broil for ten or fifteen minutes. Remove fish to casseroles, add sauce, and cook fifteen minutes in moderate oven; or cook fish entirely in oven.

#### Sauce

Cook finely minced pepper and onion in fat until softened, add flour, stir well; add hot tomato, stirring constantly. Stir in sugar, salt, chopped parsley, and mushrooms which have been cut in pieces. Dried mushrooms should be soaked in cold water from twelve to twenty-four hours before cutting.

### Fish with Sauce Poulette

| | |
|---|---|
| 24 pounds cod or haddock | 6 or more egg yolks |
| 3 quarts White Sauce II | 1 teaspoon pepper |
| 1 to 2 pounds salt pork | 6 tablespoons parsley |

Cut cod in six four-pound chunks for boiling. Wipe with cloth wrung out of cold water. Cook in fish boiler or steamer; add one teaspoon salt to each quart water used. Cook from thirty to sixty minutes, or until flakes

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separate. The fish should keep its shape. Cut pork in half-inch dice, and cook slowly until golden brown. Use pork drippings for white sauce. When sauce is done, stir into beaten yolks, stirring constantly; cook one minute in double boiler.

Place fish in center of platters, cover with part of sauce, and sprinkle with parsley. Garnish with crisp pieces of pork, and circles of cucumber pickle and boiled carrot; or with small boiled onions and sliced beets. Pass remaining sauce.

Any white or lean fish, such as halibut, tilefish, or whitefish, may be used in place of cod, but the quantity varies with kind of fish.

### Fried Fish à la Duren

Have twenty-four pounds cod or haddock boned, skinned, and cut in fillets. Wipe with cloth wrung out of cold water. Sprinkle with salt, pepper, and lemon juice, using two lemons, two tablespoons salt, and two teaspoons pepper. Let stand an hour or so, roll in barley flour or corn meal, and sauté in oil or drippings until brown and crisp on both sides. Arrange fish on platters, and pour over it the following sauce:

#### Sauce

Make three quarts White Sauce II, scalding one or two small, grated onions in the milk. Sprinkle with chopped parsley.

### Creamed Fish

| | |
|---|---|
| 7 quarts cooked fish | 6 tablespoons parsley |
| 4 quarts White Sauce II | 2 teaspoons pepper |

Any kind of canned or cooked fresh fish may be used. Separate carefully into flakes, or cut in pieces; sprinkle

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with salt. Boiled rice, samp, noodles, macaroni, or peas may be used in place of part of fish. Reheat in sauce. Serve on a bed, or in a border of potato, or on toast, or with baked potatoes. Sprinkle with parsley.

### Creamed Fish with Mushrooms

| | |
|---|---|
| 5 quarts cooked fish | 4 quarts White Sauce II |
| 2 or 3 quarts mushrooms or diced puff balls | 2 teaspoons salt |
| | 2 teaspoons paprika |

Use any kind of cooked white fish. If it has not been salted in cooking, more salt will be required. Cut mushrooms in small pieces, and sauté in fat before making sauce. Remove from fat, and add with fish to sauce about twenty minutes before serving. Cut or flake fish carefully into inch pieces, and sprinkle with salt and paprika before adding to sauce.

### Creamed Fish with Green Peppers

| | |
|---|---|
| 7 quarts cooked fish of any kind | 4 quarts White Sauce II |
| | 1 teaspoon or more salt |
| 3 cups green peppers | 2 teaspoons paprika |

Prepare as for Creamed Fish. Wash peppers, remove seeds, and parboil five minutes; then cut in half-inch pieces and add to fish. Serve as Creamed Fish.

### Creamed Fish with Cheese

Prepare and serve as Creamed Fish. Just before adding fish to sauce, beat in half a pound or more grated cheese.

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### Scalloped Fish

Prepare fish as for Creamed Fish; plain, or with peppers, cheese, or mushrooms. Turn into baking dishes, sprinkle lightly with soft buttered crumbs, and bake barely long enough to brown crumbs.

### Scalloped Fish with Rice

4 quarts cooked rice
4 quarts cooked fish
4 quarts White Sauce I
2 teaspoons pepper
2 teaspoons celery salt
3 cups grated cheese

Arrange rice, fish, and sauce in baking dishes in layers, having rice in bottom and sauce on top. Sprinkle with grated cheese, and bake about twenty minutes. Soft, buttered crumbs may be put on top.

### Creamed Salmon on Waffles

6 or 8 cans salmon
4 quarts White Sauce II

Remove skin and bones from salmon, and separate into flakes or cut in inch pieces, being careful not to break fish more than necessary. As each can of fish is finished, sprinkle with half a teaspoon salt and dash of pepper. About fifteen minutes before serving, turn carefully into sauce, stirring once or twice with two-tined fork. Allow one-fourth waffle to each serving, cover with hot creamed salmon, and serve at once.

### Fish Timbale

4½ quarts milk
¾ cup fat
3 cups soft crumbs
2 cups barley flour or
1 cup cornstarch
1 tablespoon paprika
2 tablespoons salt
2 tbspns. grated onion
12 eggs
4½ quarts cooked fish

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Fish stock may be used in place of milk. Make a sauce of milk, fat, and flour, following directions for White Sauces. Add seasonings and crumbs; cool. Add fish and well-beaten yolks, and fold in stiffly beaten whites. Bake in slow oven one and one-half hours, or until firm. Serve with or without Cheese Sauce.

### Fish Cakes

| | |
|---|---|
| 4 quarts solidly packed mashed potato | 1 teaspoon pepper |
| 2 pounds salt codfish | 8 beaten eggs |
| | 1 cup milk |

Soak fish in cold water, drain; add boiling water, simmer an hour, or until fish shreds easily with fork. It should be very fine.

Peel and boil six or seven pounds raw potatoes; put through ricer before measuring. Add fish, eggs, pepper, salt if needed, and milk. Beat well, and cool. Shape in flat cakes, roll in flour, and sauté until brown in salt pork or other drippings. This mixture may be shaped in balls and fried in deep fat.

### Sardines on Toast

Cut bread in half-inch slices, toast until nicely browned; put in warm oven to finish drying. Dip slices in cold salted water, and arrange on well-oiled platters which can be put in oven. Lay sardines on toast, spread with dressing, and put in oven five minutes, or until very hot. Sprinkle with chopped parsley, and serve at once.

For dressing, put together in a bowl one and one-half cups of oil from sardines, three teaspoons salt, two teaspoons pepper, and one-fourth cup lemon juice or vinegar. Beat hard with Dover egg beater.

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## Shrimp Wiggle

| | |
|---|---|
| 1½ cups fat | 1 teaspoon pepper |
| 1½ cups rice flour | 2 teaspoons Worcestershire |
| 4 quarts hot milk | 2 tablespoons salt |
| 6 No. 2 cans shrimp | 3 quarts cooked peas |

Three-fourths cup cornstarch may be used instead of rice flour. Make sauce of fat, flour, milk, and half the salt, following directions for White Sauces. Drain peas and shrimps, without removing from cans, then turn into large bowl, sprinkling with pepper and remaining salt. Add to sauce about fifteen minutes before serving. Add Worcestershire sauce, stirring very carefully and very little, in order not to break peas. Serve very hot on toast or heated crackers. Dip toast in cold salted water, set on edge in oiled pan, and put in oven to reheat.

## Finnan Haddie I

| | |
|---|---|
| 12 pounds finnan haddie | 4 quarts White Sauce II |
| 8 egg yolks | 2 teaspoons paprika |
| ¾ pound cheese | 6 tablespoons parsley |

Put fish in a large pan, cover with cold water, bring to boil, and simmer twenty minutes, or until flakes separate; drain. Remove bones and skin, being careful not to break flakes.

Stir grated cheese into sauce, and add part of sauce to well-beaten yolks, stirring constantly. Return to double boiler, add fish, and cook about ten minutes longer. A little Tabasco Sauce may be added if desired.

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### Finnan Haddie II

| | |
|---|---|
| 12 pounds finnan haddie | 1 cup green peppers |
| 4 quarts White Sauce II | ½ cup pimento |
| 4 teaspoons lemon juice | 12 hard-cooked eggs |

Prepare fish as in I. To make white sauce, cook chopped peppers in fat until softened; add flour, strained yolks, and gradually the hot milk; cook thirty minutes in double boiler as usual, adding fish and coarsely chopped whites in time to heat thoroughly. Just before serving, add lemon juice, and more salt if needed.

### Swedish Salt Fish

| | |
|---|---|
| 6 quarts potatoes sliced | 6 beaten eggs |
| 2 pounds salt codfish | 1 cup fat (optional) |
| 3 quarts hot milk | 1½ teaspoons pepper |

Soak fish several hours, or over night; drain, and shred fine. Peel, slice, and parboil potatoes about five minutes; do not let them cook to pieces. Put potatoes, fat, pepper, and fish in casseroles, in alternate layers, having a layer of potato on bottom and top. Beat eggs, add milk, and pour over potatoes. Cover, and bake slowly one hour, or until potatoes are soft. More eggs may be used if desired, in which case more milk may be needed.

### Fish and Potato Scallop

| | |
|---|---|
| 1 peck potatoes | 1 teaspoon pepper |
| 3 pounds salt codfish | 6 tablespoons parsley |
| 4 quarts White Sauce II | 6 tablespoons onion |

Peel and boil potatoes; add milk to make creamy, and salt to taste. Beat well.

Soak codfish for several hours, drain; add cold water

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to more than cover, simmer slowly until fish can be easily shredded with fork; add to white sauce. Put fish and parsley in bottom of baking dishes, cover with potato, piling it lightly and irregularly. Bake until potato is slightly browned. Finnan haddie, smoked salmon, or smoked halibut may be substituted for salt cod.

### New England Fish Dinner

6 pounds salt codfish
2 pounds salt pork
3 quarts White Sauce II
6 to 12 hard-cooked eggs

Cut pork in half-inch cubes, cook slowly until crisp and golden brown; remove from fat. Use pork drippings for sauce; serve separately.

Soak fish in plenty of cold water for several hours, drain. Add boiling water to cover, and simmer an hour, or until soft; drain, remove to hot platters. Cover with diced pork and sliced eggs, and serve in a border of sliced beets.

### Savory Salt Codfish

2 pounds salt codfish
4 quarts diced raw potato
1 pound fat salt pork
6 or 8 egg yolks
1 teaspoon pepper
4 quarts hot milk
2 cups barley flour or
1 cup cornstarch
Salt to taste

Cut codfish in half-inch pieces, cover with cold water, bring slowly to boil, and simmer an hour, or until soft; drain.

Cut potatoes in half or three-fourths inch cubes, and steam until soft but not broken.

Cut pork in half-inch cubes, cook until golden brown; remove from fat. Pour off all but two cups of the pork

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fat, add flour, and when smooth add milk, stirring constantly; cook thirty minutes in double boiler. Add part of hot sauce to well-beaten yolks, stirring hard all the time, then put back into double boiler for five minutes. Add pork cubes, potato, and codfish. Serve very hot.

Salt mackerel may be used in place of cod.

### Smoked Halibut à la Crème

| | |
|---|---|
| 3 pounds smoked halibut | 1½ cups cut pimento |
| 4 quarts White Sauce II | 1 teaspoon pepper |

Do not add salt to white sauce until just before serving. Scald halibut, drain; cut in cubes or flakes, reheat in sauce. Serve in border of mashed potato, boiled rice, or samp.

Any smoked fish may be cooked in same way: salmon, whitefish, cod, herring, or others.

### Broiled Salt Mackerel

Soak six medium-sized salt mackerel, with flesh side down, in plenty of cold water forty-eight hours, changing water several times. Drain and wipe dry. Broil about twelve minutes, or until browned slightly. Remove to hot platters, spread with prepared butter, and garnish with parsley and slices of lemon or cucumber pickle.

For the butter, cream one cup margarine and one tablespoon vinegar or lemon juice, using the acid that corresponds with garnish. If lemon is used, add grated rind.

### Baked Salt Mackerel

Prepare fish as for broiling. Place skin side down in shallow pans, dredge each with a tablespoon barley flour;

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add a spoonful margarine and one cup milk. Bake slowly thirty minutes, or until flakes separate. Serve in same dish if possible. Sprinkle with minced parsley. The fish may be heated sufficiently to remove bones before adding milk. Rich milk may be used and margarine omitted.

### Smoked Salmon en Casserole

| | |
|---|---|
| 6 pounds smoked salmon | 3 quarts canned peas |
| 6 cups sliced onion | 1 cup fat |
| 6 quarts potato | 1 cup flour |
| 2 teaspoons pepper | 1½ quarts hot milk |

Choose small potatoes; peel, and cut in quarters before measuring. Cut salmon in half-inch pieces, or a little larger. Put potato in bottom of casseroles, add onion, fish, and peas. Add one cup boiling water to each casserole; cover tightly, and cook slowly forty-five minutes, or until potatoes are done. Make a sauce of fat, flour, and milk; turn into casseroles, and cook fifteen minutes longer. Add pepper and salt to taste. If there is much liquid in casseroles, remove a little before adding sauce, or use less milk.

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# MEATS

THE following recipes have been prepared to meet the wishes and requirements of the Food Administration. It has been the aim to have the maximum of variety and nutriment with the minimum of meat, especially beef and pork. The recipes call for the less desirable cuts of meat, and for relatively small amounts, so that it is possible to have meat occasionally, even during periods of scarcity.

## Hamburg Roast

| | |
|---|---|
| 10 pounds chopped beef | 1½ quarts water |
| 3 tablespoons salt | ½ cup minced onion |
| ½ lb. minced salt pork | 5 eggs, well beaten |
| 1½ teaspoons pepper | 1 cup barley flour |
| 3 cups dried crumbs | 2 quarts strained tomato |

Put dried crumbs through coarse meat chopper, add water, and cook until pasty. Add meat, seasonings, beaten eggs, and more water and salt if needed. Shape in loaves, place in meat pans, and cook in hot oven till slightly brown. Then reduce heat and cook slowly, or remove to Aladdin oven; about an hour altogether will be required. Baste occasionally. Remove to platters.

Turn one cup drippings from pan into saucepan, add flour, and strained tomato, stirring until thickened and well cooked. Season to taste. Add one quart or more cooked macaroni, spaghetti, or barley noodles, cut in half-inch pieces. Serve around loaf, or pass with meat.



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## Beth's Meat Loaf

| | |
|---|---|
| 5 pounds beef or veal | 8 eggs, well beaten |
| 5 pounds fresh pork | 2 quarts strained tomato |
| 1 quart cooked rice | 1 quart dried crumbs or |
| 1 cup minced onion | 3 quarts mashed potato |
| 1 teaspoon pepper | 3 tablespoons salt |

Put meat through chopper, or have it ground at market. If mashed potato is used, one quart tomato will probably be sufficient. It should be just moist enough to pack well. Mix ingredients thoroughly, pack in brick-shaped pans. Bake two to three hours in range with slow heat, or in Aladdin oven. Baste occasionally if necessary. Serve with or without Brown Sauce.

## Hungarian Goulasch I

| | |
|---|---|
| 12 pounds beef | 1 cup sliced onion |
| 1½ cups drippings | 1 cup celery |
| 1 quart boiling water | 4 bay leaves |
| 1¾ cups barley flour | 1 teaspoon cloves |
| 2 quarts tomatoes | 1 teaspoon peppercorns |

Use any inexpensive cut of meat; left-over roast or steak may be used also. Cut beef in two-inch pieces; wipe, roll in salted barley flour, and sauté in hot drippings. Put in kettle with boiling water, cover, and cook slowly three hours, or until tender. Cook tomato and seasonings together slowly in covered saucepan fifteen or twenty minutes, put through purée strainer; add enough of the stock to make three quarts in all. Mix flour to smooth paste with a cup of cooled stock; add to tomato mixture, stirring constantly. Boil five or ten minutes. Drain meat from stock, put in casseroles, add hot sauce, and reheat in oven if necessary.

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## Hungarian Goulasch II

8 to 10 pounds veal from shoulder
3 quarts boiling water
2 tablespoons salt
Chili powder to taste
7 pounds white turnips
2 bunches celery
6 to 8 lbs. small onions
12 pounds potatoes
2 cups barley flour

Cut veal in two-inch pieces, brown in drippings or salt pork fat; put in kettle with salt, chili powder, and boiling water. Cook slowly four hours or longer. Wash and cut celery in inch pieces, and add to veal about an hour before serving. Peel turnips, cut in halves lengthwise, and each half in slices; add to veal with celery. Yellow turnips require one and one-half hours.

Cook onions as Boiled Onions. Potatoes should be about size of onions, or cut large ones in quarters or halves. Steam forty minutes, or until tender.

Half an hour before serving, remove veal and vegetables to casseroles. Thicken stock with flour which has been stirred into drippings in which veal was browned; season to taste. Add potatoes, onions, and hot sauce to meat and vegetables, and serve at once, with chopped parsley sprinkled over top.

## Danish Beefsteak

6 or more lbs. raw beef
2 tablespoons salt
1 tablespoon pepper
3 cups minced onion
6 bunches celery
2 cups drippings
1 cup potato flour
4 teaspoons salt

Chop round steak or any beef quite fine, add seasonings; shape in balls about an inch and a half in diameter, sauté in hot frying pans until well browned on all sides.

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Wash celery, cut in inch pieces; add four quarts boiling water, cook an hour, or until tender. Melt drippings, add flour, and three quarts celery water, stirring all the time. Boil five minutes, add celery and beef balls; simmer fifteen minutes. If sauce is too thick, add more water. It should be thick enough to serve on plates.

### Beef Balls, Oriental Style

8 lbs. chopped raw beef
4 pounds raw potatoes
6 eggs, beaten slightly
1 cup minced parsley
3 tablespoons salt
3 quarts strained tomato
1¾ cups barley flour
1½ cups drippings
1 tablespoon salt
1 teaspoon paprika

Boil potatoes and put through ricer. Mix beef, potato, eggs, parsley, and three or more tablespoons salt. Shape in balls, or round, flat cakes about one inch or more in diameter. Roll in barley flour, sauté until brown in drippings, remove to casseroles. Add fat to pan to make one and one-half cups; stir in flour and add hot tomato, stirring constantly. Add paprika and one tablespoon or more salt; add to meat balls, and cook fifteen or twenty minutes in oven.

### Spanish Tripe

8 lbs. fresh boiled tripe
1 pt. chopped green pepper
2 quarts chopped cabbage
1 pint chopped onion
3 quarts strained tomato
3 tablespoons salt
1 teaspoon paprika
1 pound bacon diced

Wash tripe, boil until tender; cut in inch squares, put in casseroles. Sprinkle with barley flour, using one and one-half cups in all. Parboil cabbage five minutes; drain,

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chop, and add to tripe. Strain tomatoes, add onion, pepper, salt, and paprika; boil two minutes, and add to tripe. Sprinkle diced bacon over top, and bake in moderate oven one hour.

### Baked Liver

Pour boiling water over liver until surface is whitened; drain. Dip in barley or rye flour, shaking off loose flour as it is lifted out. Put melted bacon fat in dripping pans to depth of one-half inch. Lay slices of liver in bottom of pans, sprinkle with salt and pepper; bake twenty minutes, or until done, in hot oven. The liver should be cooked through, but not hard and dry.

### Beef Balls with Samp

| | |
|---|---|
| 8 pounds chopped steak | 2 tablespoons onion |
| 4 well-beaten eggs | 4 teaspoons salt |
| 2 cps. grated bread crumbs | 4 teaspoons paprika |

Mix ingredients thoroughly, shape in balls size of English walnuts; sauté in drippings until slightly browned, and put in casseroles. Add sauce, made by cooking together fifteen minutes the following ingredients:

| | |
|---|---|
| 3 quarts strained tomato | 1 cup sliced onion |
| 3 green peppers chopped | 1 teaspoon black pepper |
| 1 tablespoon salt | ½ cup minced parsley |

Cook slowly forty-five minutes. To prepare samp, soak one quart in cold water twenty-four hours, put into double boiler or fireless cooker, and cook five or six hours; drain, and add to beef mixture. The water from samp may be used in sauce. Macaroni or spaghetti may be used in place of samp.

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## Chili Con Carne

| | |
|---|---|
| 12 pounds round steak | 1 teaspoon cloves |
| 1 cup drippings | 6 to 12 red peppers |
| 1 cup rice | Chili powder to taste |
| 1½ quarts boiling water | 4 tablespoons salt |
| 12 large onions sliced | 3 quarts cooked red beans |

Use freshly cooked or left-over beans. Any inexpensive cut of beef may be used in place of steak. Cut in inch pieces, sauté until brown in hot frying pan, add water and rice, and cook slowly four hours, or until tender.

Remove partitions and seeds from red peppers, parboil five minutes; drain and chop. Mix half a cup barley flour with salt, and water to make smooth. Add flour, onions, peppers, cooked beans, cloves, and chili powder to beef. Real Chili Con Carne calls for a dozen seeded and parboiled red chilies, but Northern taste prefers less highly seasoned dishes. Cook thirty minutes longer on back of range, or in Aladdin oven, to prevent burning. Add more salt if needed.

## Spiced Veal Hearts

| | |
|---|---|
| 15 large veal hearts | 1½ cups water |
| 1 quart strong vinegar | 2 tablespoons salt |
| 4 medium onions sliced | 2 or 3 bay leaves |
| 4 medium carrots sliced | 12 peppercorns |
| 8 cloves | 1 quart boiling stock |

Wash hearts, and with scissors cut out veins and arteries. Place in stone or agate dish, and cover with mixture of vinegar, water, vegetables, and seasonings. Let stand forty-eight hours before cooking. Turn hearts

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twice daily, keeping well covered in cold place. Drain and wipe dry. Stuff with:

| | |
|---|---|
| 1 quart small pieces dry bread | 3 egg yolks |
| ½ cup minced onion | ½ teaspoon pepper |
| | 1 tablespoon salt |

Soak bread in cold water until soft; wring out in cheesecloth. Mix ingredients, fill hearts; sew edges together sufficiently to keep in stuffing. Put in covered receptacle, add boiling stock, and cook in Aladdin or range oven three hours.

Fresh pork, beef heart, rabbit, or any tough meat may be cooked in this way, by allowing four or five hours for cooking.

## Veal Hearts en Casserole

| | |
|---|---|
| 15 large veal hearts | 3 peppers or pimentos |
| 12 small onions | 3 teaspoons whole spice |
| 1 cup bacon or pork fat | 1½ quarts stock |
| 2 tablespoons salt | 1½ cups barley flour |

Wash hearts; remove arteries and veins. Dredge with barley flour, and sauté in hot frying pan in drippings until well browned. Be careful not to burn flour. Put hearts and fat from pan into tightly covered kettle; add sliced onions, peppers which have been seeded and sliced, seasonings, and stock. Cook slowly three hours in Aladdin or range oven.

Pour off stock, and thicken with flour which has been made smooth with cold water. Slice hearts; pour over them the hot sauce, and serve at once.

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## Veal Balls in Cream Sauce

10 pounds shoulder veal
1 pound salt pork
2 quarts cracker crumbs
1 cup chopped onion
3 tablespoons salt
1 teaspoon pepper
¼ teaspoon cayenne
3 cups milk or stock
6 or 8 eggs
2 or 3 lemons
3 quarts rich milk
1½ cups barley flour

Put veal, pork, crackers, and onions through meat chopper. Add seasonings, lemon juice, eggs, and milk. Mix well. Shape in balls about an inch in diameter, sauté on all sides in drippings; they should be only slightly browned. Put balls in kettle with sauce; cover, and simmer forty minutes or more in Aladdin or other oven. Have two or three asbestos mats or grates under kettle, to prevent burning.

### Sauce

Add enough fat to pan in which balls were sautéed to make one cup or more. Add flour, and hot milk, stirring constantly. Stir till smooth and thickened; season to taste.

## Brunswick Stew

3 or more quarts veal
1 to 2 pounds salt pork
3 quarts sliced onion
6 quarts potatoes
3 tablespoons salt
3 quarts corn
3 quarts tomatoes
3 cups boiling water
2 cups barley flour
1 teaspoon paprika

Peel, slice, and parboil potatoes; chop pork; cut raw veal in small pieces. Put layer of pork in bottom of casseroles, then veal and onion. Cover onion with potatoes, then add canned or fresh corn. Add one-half cup boiling

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water to each dish, cover closely, and cook about an hour. Strain tomatoes, and thicken with flour which has been made smooth with cold water; add salt and paprika; pour over contents of casseroles, and cook thirty minutes longer.

## Pork Stew

2 shoulders pork
½ cup chopped parsley
3 quarts boiling water
4 pounds sliced carrot
4 pounds sliced turnip
4 pounds sliced onion
1 quart celery
1 teaspoon pepper
4 tablespoons salt
2 cups barley flour

Cut pork in inch pieces or cubes; sauté in hot frying pan, pouring off fat as it accumulates. Put pork in kettle, add water, cook two hours, and skim off fat. Add carrots and turnips, cook an hour; add remaining vegetables and seasonings, cook thirty minutes or more. Remove pork and vegetables to casseroles; thicken liquor with flour which has been mixed till smooth with a little cooled liquor. If clear fat comes to top of sauce, it should be removed. Sprinkle with parsley, and add to pork mixture.

Serve with boiled potatoes and a green vegetable.

## Ragout of Veal, French Style

16 pounds shoulder veal
1½ cups drippings
2 quarts boiling water
¾ cup barley flour
8 garlic cloves
8 bay leaves
2 quarts diced carrot
6 pounds small onions
½ cup chopped parsley
5 teaspoons or more salt

Cut veal in pieces two or three inches square, brown in drippings in hot frying pan, remove to closely covered pot. Stir flour into fat left in pan; add boiling water,

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stirring constantly until smooth. Add carrots, onions, garlic cloves, bay leaves, salt, and hot sauce to veal. Cook slowly in Aladdin or other oven three hours, or until meat is very tender. Remove bay leaves and garlic, turn into casseroles, and sprinkle with parsley. Serve boiled rice or samp with it.

When practicable, the carrots may be omitted, and two quarts chopped mushrooms added about half an hour before serving. Or add two quarts shelled peas about an hour before serving.

## Oxford Sausage

4 pounds lean, fresh pork
4 pounds veal or beef
4 pounds beef suet
2 quarts soft, fine crumbs
2⅔ tablespoons salt
2 teaspoons pepper
2 or more teaspoons poultry seasoning

Use any dark bread that contains little or no molasses. The crumbs should not be hard and dry. Put meat and suet through fine meat chopper, add other ingredients, and mix thoroughly. Pack well, and set in cool place if not used at once. Shape in small, flat cakes, as thick on edge as in center. Cook in hot frying pan or broiler until well browned on both sides.

## Pork Pie

12 to 16 pounds lean, fresh pork
1½ cups minced parsley
6 medium onions
3 tablespoons salt
2 teaspoons pepper
6 tablespoons catsup
3 quarts water

Cut meat in two-inch pieces, add onions and water, and cook slowly two hours. Add salt, pepper, catsup, and

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parsley, and remove meat to baking dishes. Skim off any clear fat on top of stock, and thicken stock with one and one-half cups barley flour mixed until smooth with a little cooled stock. Add to meat to come nearly to top; reserve remainder to pass with pie. Cover meat with any Meat Pie Crust, and bake thirty minutes or more. Be sure that crust is done. If raw meat is cooked in casseroles instead of in a large receptacle, sliced raw potatoes may be added alternately with meat. Or partly cooked potatoes may be added when the crust is put on. Veal or mutton may be used in place of pork.

### Cuban Pie

Put into baking dishes a layer of cooked rice or hominy; sprinkle over it bits of cooked bacon, cover with layer of coarsely cut chicken, or chicken and veal; add chicken gravy to moisten well, then a layer of fresh or canned sweet corn seasoned with pepper and salt. Finish with a regular pie crust, or with one of the following Meat Pie Crusts. Serve extra chicken gravy or sauce with pie.

### Meat Pie Crust I

1⅓ quarts pastry flour
⅔ quart corn flour or white corn meal
¾ to 1 cup shortening
4 teaspoons salt
5 tbspns. baking powder
3⅓ cups water, or enough to make soft dough

In all biscuit and similar doughs, the amount of liquid required varies slightly, so that at the last it should be added gradually, in order that the dough shall not be too soft to handle. In all cases, however, it should be as soft as possible. Sift dry ingredients, rub or cut in shortening,

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add milk or water, roll to about one-half inch thickness; cut in small rounds, or in sheet to fit top of baking dish. In latter case, cut an inch hole in center for escape of steam. Bake thirty minutes or more in hot oven. Four and three-fourths cups barley flour may be used in place of pastry flour.

### Meat Pie Crust II

2 qts. barley or oat flour
4 teaspoons salt
⅓ cup baking powder
1 cup shortening
3⅓ cups milk, or milk and water mixed

Extra wetting will probably be needed if oat flour is used. Mix, cut, and bake as Meat Pie Crust I.

### Meat Pie Crust III

2 quarts barley or pastry flour
1 quart rice or ¾ quart potato flour
1¼ cups shortening
⅓ cup baking powder
3 to 3½ cups milk
5 teaspoons salt

Water may be used in place of milk. Cornstarch may be used instead of potato or rice flour. Mix as soft as possible. Make and bake as Meat Pie Crust I.

### Meat Pie Crust IV

6 pounds peeled, raw potatoes
3 cups pastry flour
6 tablespoons fat
1 tablespoon salt
1 tbspn. baking powder

Boil potatoes, put through ricer; add salt, fat, and flour which has been sifted with baking powder. Knead in the flour; it will be very stiff. Roll to one inch or less in thick-

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ness, cut to fit top of pie, with a hole in center, and bake thirty minutes, or until done, in hot oven. The crust will be moist but tender.

## Persian Pilaf

| | |
|---|---|
| 8 pounds lamb or mutton | 2 tablespoons salt or more |
| 5 pounds onions sliced | 1 teaspoon pepper |
| ¾ quart rice | ½ teaspoon cloves |
| 1½ quarts water | 1 teaspoon cinnamon |
| 3 quarts strained tomato | ½ cup chopped parsley |

Cut meat in inch pieces, sauté in drippings in hot frying pan until well browned, and remove to kettle. Cook onions in same pan slowly until slightly browned, and add to lamb. Wash rice, add boiling water; boil one or two minutes, and add to meat with tomato and seasonings. Cook slowly two or three hours—three hours if mutton. If too dry, add more water. The liquid should be nearly or quite absorbed by rice. Sprinkle with parsley. If preferred, cloves and cinnamon may be omitted, and two cups chopped carrot and three tablespoons horse radish used instead.

## Scalloped Lamb

| | |
|---|---|
| 6 quarts cooked lamb, or lamb and other meat | 1 cup barley flour |
| | 1½ tablespoons salt |
| 3 quarts strained tomato | 1 teaspoon pepper |
| 1½ quarts brown gravy | ½ cup chopped parsley |

Chop meat before measuring. Mix flour with seasonings, stir until smooth with a little cold tomato juice; add boiling tomato, brown gravy, lamb, and parsley. Pour into baking dishes, sprinkle with soft, dark bread crumbs; bake until crumbs are crisp. Crumbs may be omitted.

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## Scotch Hot-Pot

16 pounds shoulder or neck of mutton
5 pounds carrots
5 pounds white turnips
3 pounds onions
1 bunch celery
½ cup chopped parsley
2 teaspoons pepper
3 tablespoons salt
1 pint pearl barley

Cut mutton in inch pieces, brown in oiled, hot frying pan, remove to closely covered kettle. Put three quarts boiling water in frying pan, add washed barley, boil five minutes; add to mutton. Add vegetables and seasonings, and cook slowly three hours or more. Add more water if needed; the barley should thicken it to the consistency of brown gravy. Add more salt, also, if needed.

## Lamb, Oriental Style

8 pounds shoulder of lamb or mutton
1 cup chopped onion
2 quarts broth or water
1 quart strained tomato
4 pounds fresh string beans
1 teaspoon pepper
3 tablespoons salt
1½ cups barley flour

Have meat boned and cut in two-inch pieces. Brown in hot, oiled frying pan, put in casseroles or tightly covered kettle. Wash beans, cut in inch pieces, add to meat. Add onion, tomato, broth, and salt; bring to boil, and cook two hours, or until lamb and beans are tender. If mutton is used, it is well to cook it an hour before adding beans. If canned beans are used, drain four quarts, and add after thickening. Mix flour until smooth with cold broth, add to stew; boil five minutes, stirring constantly. If too thick, add more broth. Serve with barley or corn biscuit, or with barley dumplings.

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## Chicken à la King

| | |
|---|---|
| 6 quarts or more cooked fowl cut in pieces | 1 pint green peppers |
| 4 quarts rich broth | ½ cup chopped parsley |
| 1 cup potato flour | 1 quart celery |
| 1 cup fat | 2 teaspoons paprika |
| | Salt to taste |

Cook fowl, without cutting, in salted water, until quite tender; remove from liquor, and let get cold. Remove meat carefully from bones, and cut in two-inch pieces; they need not be regular in shape, but should be neatly cut. Put bones back in stock and simmer one or two hours; strain, and remove fat. Cream together fat and flour, add hot broth and seasoning, stirring all the time; boil five minutes. Add meat without stirring. Cut celery in inch pieces, boil thirty minutes; drain, and add to sauce. Wash peppers, remove seeds, parboil fifteen minutes; drain, cut in small pieces, and add. Keep mixture over hot water until well heated through. Just before serving, stir carefully to mix ingredients. The pieces of fowl and vegetables should be unbroken. Serve in border of boiled rice. Sprinkle with parsley.

## Scalloped Chicken

| | |
|---|---|
| 4 quarts chopped chicken | 4 quarts White Sauce II or chicken gravy |
| 4 quarts canned corn | 1 tablespoon salt |
| 1 teaspoon pepper | |

Put chicken and corn in baking dishes in alternate layers, sprinkle with salt and pepper. Add sauce, lifting chicken with fork to let sauce moisten all parts. Sprinkle with soft buttered crumbs, bake about forty minutes.

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## Maryland Chicken

Dress, singe, and clean roasting chickens; there should be about twenty-five pounds after they are dressed. Cut in pieces for serving. Roll in salted barley flour, sauté in pork fat or cooking oil till golden brown; remove to kettle. Add one and one-half cups barley or bread flour to fat in frying pan, stirring while it browns. Add to three quarts hot milk, stirring till smooth; cook fifteen minutes in double boiler, add one tablespoon salt and one teaspoon pepper. Turn sauce over chicken, and simmer from thirty to sixty minutes, according to age of chicken. Cook in oven, with two or three asbestos mats or grates under kettle to prevent burning. Garnish with chopped parsley, and serve with boiled rice.

## To Try Out Fat

Cut suet, tallow, or trimmings of fresh fat pork in small pieces, or put through meat chopper. Soak mutton or chicken fat for twenty-four hours in cold salted water, changing water several times to remove the objectionable flavor; drain well before heating. Cook slowly in oven or double boiler for several hours. When fat is melted, strain through cheesecloth, pressing to obtain all the fat. Keep in cool place.

The addition of one part cottonseed oil to three parts strained fat makes a good cooking fat.

Save the scraps or crackling to use in suet puddings, gingerbread, or hash.

## To Deodorize and Clarify Fats

Any liquor in which meat has been boiled should be allowed to stand until the fat has risen to the top and

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solidified. Remove fat to saucepan, scraping off sediment or particles of meat that cling to the bottom, then clarify and deodorize by any of the following methods:

Add about a teaspoon soda to each quart of fat, barely cover with cold water, and cook very slowly until the water has evaporated; add soda and a sliced raw potato, omitting water, and cook slowly until all bubbling ceases; put a piece of charcoal in pan with the fat, and heat until there is no bubbling; add half a cup mild vinegar to a quart or more fat, and cook slowly until it has evaporated. Strain and cool. A mixture of several kinds of fat may be treated, instead of taking them separately.

### Savory Fat

4 pounds fat: sausage, mutton, ham, veal
1 cup chopped onion
1 tablespoon salt
4 sliced apples
1 tablespoon sage

If fat is salty, omit part or all of salt. If preferred, a mixture of sage, thyme, and marjoram may be used. Cook ingredients together slowly until soft; strain, and let harden. Use in cooking meats, vegetables, soups, hash, and gravies whenever a highly seasoned dish is wanted.

Bacon should be kept separate, and used in dishes requiring bacon flavor.

## MEAT SAUCES

### White Sauce I

Make as White Sauce II, using double the amount of milk, or half the amount of flour and fat. This sauce is suitable for cream soups or for certain scalloped dishes—

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scallops that are made with some bread, cereal, or other thickening agent, in combination with meats or vegetables.

## White Sauce II

### With Barley Flour

1¼ cups oil or meat drippings
1 tablespoon salt
½ teaspoon pepper
2 quarts hot milk
1¼ cups barley flour

Heat milk in double boiler. Cook flour in fat for two or three minutes, but be careful not to burn mixture. Remove from fire, add hot milk, stirring constantly until smooth and thickened. Do not return to fire, but cook in double boiler, thirty minutes or more, with water boiling underneath. Stir occasionally. Add seasonings. Use for highly seasoned sauces, such as curry; for vegetables with distinctive flavor, like tomatoes; or for such meats as bacon, ham, or sausage.

### With Starchy Flours

⅓ to 1 cup butter substitute of any kind
1 tablespoon salt
2 quarts hot milk
½ teaspoon pepper
1 cup rice flour or
⅓ cup potato flour or
⅓ cup cornstarch

Use equal proportions of flour and fat. Heat milk in double boiler. Stir fat until creamy, add flour, and stir until smooth. Add hot milk, stirring constantly until smooth and partly thickened. Cook forty to forty-five minutes in double boiler, stirring occasionally. Add salt, and pepper if desired. Do not cook fat and flour directly over fire at all, as there is danger of the formation of

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curdy lumps, which are difficult, sometimes impossible, to remove. Use for potato, celery, cucumber, or any meat or vegetable of mild flavor, or for cereals.

### White Sauce III

Make as White Sauce II, using two and one-half times the amount of flour and butter substitute. This is a very stiff sauce, used chiefly for croquettes.

### Brown Almond Sauce

Blanch one-half pound or more almonds, and cut in eighths. Cook until well browned in small amount of oil or other fat. Drain, and add to two quarts White Sauce II. Be careful not to burn fat, and use any that is left in making the sauce. Peanuts may be used in place of almonds, but they should be cooked in fat only long enough to heat them well, unless they have not been roasted.

### Plain Brown Sauce

1½ cups drippings
2 small sliced onions
1¼ quarts barley flour
2 quarts stock or water
2 teaspoons salt
½ teaspoon pepper

Cook onions and drippings together until very dark brown, as dark as can be without burning. Add flour, and cook until browned; add water or stock, stirring until smooth and thickened. Let boil five minutes, and add seasonings. If flour is well browned, a good sauce may be made without stock or kitchen bouquet. If not of good color or flavor, add kitchen bouquet or vegetable extract as needed.

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### Parsley Sauce

1½ cups melted butter or butter substitute
1 tablespoon salt
¾ teaspoon pepper
⅓ cup minced parsley
¼ cup vinegar

If vinegar is very strong, it may be necessary to use less. If butter substitute is used, melt over hot water, add remaining ingredients in order given, and serve hot on broiled fish or boiled potatoes.

### Brown Gravy for Roasts

1½ cups drippings
1½ cups barley flour
2½ quarts boiling water
Salt and pepper to taste

Brown flour slightly in oven, stirring often. Pour off clear fat from roast, and save for other purposes. Turn the brown drippings in bottom of meat pans into large saucepan; add browned flour. Stir until smooth; add water, stirring constantly. Boil five minutes; season to taste. If the gravy is not of a rich brown color, add kitchen bouquet or vegetable extract as needed.

### Mushroom Sauce

Chop one pint or more mushrooms, sauté in drippings one or two minutes; drain, and add to Brown Gravy or Plain Brown Sauce. If dried mushrooms are used, soak twenty-four hours or longer before chopping. Use water in which they are soaked to make sauce.

### Fish Sauce

1 cup margarine
1 cup rice flour or ⅓ cup potato flour
2 quarts fish stock
2 teaspoons salt
1 teaspoon pepper
6 hard-cooked eggs or 1 cup chopped pickle

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Melt fat, add flour, stir until smooth; add boiling stock or water, stirring constantly. Add salt and pepper, boil five minutes; add sliced or chopped eggs, or chopped cucumber pickles.

### Celery Sauce

1 cup margarine
2 teaspoons salt
½ teaspoon pepper
1 quart chicken stock
1 pint celery water
1 pint milk or cream
2 cups cut celery
1 cup rice flour or
⅓ cup potato flour
2 tablespoons parsley

Cut celery in quarter-inch pieces, boil twenty minutes in three cups water; drain, and reserve water for sauce. Melt fat, add flour, stir until smooth; add boiling stock and celery water, boil five minutes. Add seasonings and cream, bring to boil again; add parsley, and serve.

### Cheese Sauce

Add one quart grated cheese to White Sauce II, adding also one teaspoon mustard and one teaspoon paprika which have been mixed with salt and pepper.

### Savory Sauce

1 pound salt pork or bacon
½ cup chopped onion
¼ cup chopped parsley
2 qts. strained tomato
1 cup barley flour
¾ teaspoon paprika
Salt to taste

Cut pork or bacon in tiny dice, cook until crisp and slightly colored; add onion, and cook very slowly until softened. Add flour, stir until well blended, then add

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tomato; stir until smooth and thickened. It should boil four or five minutes. Serve with or without straining.

### Italian Sauce

2 qts. strained tomato or part beef or chicken stock
1 cup chopped onion
½ cup chopped carrot
½ cup chopped turnip
¼ cup chopped parsley
½ cup green pepper
1 cup oil or drippings
1 cup barley flour
2 teaspoons salt

Cook chopped vegetables in drippings very slowly for fifteen or twenty minutes; skim or strain out, and reserve for soup. Stir flour into fat, add hot, strained tomato, and boil five minutes, stirring constantly. Add salt, and serve.

### Maître d'Hotel Butter

1½ cups margarine
1 tablespoon salt
¾ teaspoon pepper
3 tablespoons finely chopped parsley
¼ cup vinegar

Cream margarine; add salt, pepper, parsley, and vinegar very slowly.

### Mint Jelly

4 tablespoons gelatine
1 cup cold water
1½ quarts boiling water
2 bunches mint
¾ cup vinegar
¼ cup lemon juice
1½ cups sugar
Green coloring

The proportions of vinegar and lemon juice may be varied to suit convenience. Soak gelatine in cold water twenty minutes. Wash mint and chop fine; add boiling water in which sugar has been dissolved, let stand in warm

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place an hour. Add gelatine, lemon juice, and vinegar, and enough green coloring to make a delicate green. Rinse molds in cold water, add strained jelly, and put in cold place to stiffen. Serve with roast lamb or lamb chops.

### Pimento Sauce

Add one or more cans strained pimento to two quarts White Sauce II, omitting an equal quantity of milk.

### Peanut Butter Sauce

¾ cup peanut butter
½ cup cornstarch
2 quarts stock
2 teaspoons salt

Mix cornstarch to a paste with an equal quantity of cold stock. Stir peanut butter until smooth with a little cold stock, then add remainder boiling hot, and combine with cornstarch. Boil five minutes or more; add salt, and pepper if desired.

### Prepared Mustard

6 tablespoons mustard
2 tablespoons sugar
2 teaspoons salt
2 well-beaten eggs
2 cups strong vinegar
2 tablespoons oil

Mix dry ingredients; add eggs. Add vinegar gradually, cook over hot water about eight minutes, stirring constantly. Cool, then beat in olive oil. Will keep indefinitely. One teaspoon turmeric may be added if desired.

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# LUNCHEON DISHES

## CEREALS AND MEAT SUBSTITUTES

### Baked Samp and Cheese

| | |
|---|---|
| 1½ quarts samp | 3 quarts White Sauce II |
| 5 quarts water | 1 to 2 pounds cheese |
| 2 tablespoons salt | 1 teaspoon paprika |

Soak samp in water over night; in morning bring to boiling point, add salt, and cook several hours in fireless cooker or Aladdin oven. The samp should be soft and water absorbed. Turn into baking dishes, add sauce, to which grated cheese has been added, and bake from twenty to thirty minutes in moderate oven. Sprinkle with paprika, and serve. Fine hominy or hulled corn may be used in same way; also boiled noodles, spaghetti, or macaroni.

### Creole Rice or Samp

| | |
|---|---|
| 3 qts. strained tomato | 2 tablespoons salt |
| 6 quarts hot boiled rice | 1 teaspoon paprika |
| 1 quart sliced onion | ½ cup minced parsley |
| ¾ cup drippings | 1 pound grated cheese |

Cook onion slowly in drippings until soft but not brown; add tomato, parsley, salt, and pepper, then hot boiled rice or samp. Left-over rice may be used, by separating kernels with fork before adding. Put in baking dishes, sprinkle with cheese, and put in oven to melt cheese.



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## Rissoto

1½ quarts rice
5 quarts boiling water
2 tablespoons salt
2 teaspoons paprika
2 cups chopped onion
2 cups oil or bacon fat
1 pound grated cheese, or more if desired

Cook onion and rice slowly in fat until well browned, stirring often to prevent burning. Remove scorched particles of onion, if there are any. Add water and salt, and cook an hour in double boiler without stirring. If liked moist, use six instead of five quarts water. When about half done add cheese, stirring carefully with long-handled fork, to prevent breaking.

## Samp, Garden Style

1 quart samp
3⅓ quarts water
1⅓ tablespoons salt
3 quarts strained tomato
¾ cup cornstarch
1½ cups drippings
½ teaspoon pepper
2 or 3 pints cooked peas
1 quart diced carrot
1 pint sliced onion
¼ cup minced parsley
2 tablespoons salt

Soak samp in water over night; in morning, add salt, and bring to boil; cook several hours in fireless cooker or Aladdin oven. Melt half the drippings, add onion, and cook slowly until softened; add diced cooked carrots, and continue cooking until fat is absorbed. Yellow turnip may be used in place of carrot, using left-over or freshly cooked. Rub remaining fat and cornstarch together, add hot strained tomato; boil three minutes, stirring constantly. Add vegetables and seasonings, and cook over hot water until well heated. Pile samp in center of platters, pour sauce over, and serve very hot.

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## Creamed Samp

Soak six cups samp in five quarts cold water over night. In morning, add two tablespoons salt, bring to boiling point, and cook in fireless cooker or Aladdin oven from four to six hours; drain if necessary. Add two quarts White Sauce II, and serve.

## Samp with Tomato

1½ quarts samp
5 quarts water
2 tablespoons salt
¾ cup cornstarch or
1½ cups barley flour
3 quarts strained tomato
½ cup sugar
1 tablespoon salt
½ teaspoon pepper
1½ cups drippings

Add boiling water to samp and salt; cook in fireless cooker or Aladdin oven six hours, or until soft. Or soak over night, then bring to boil and cook until soft.

Melt drippings, add flour, and, when smooth, the strained tomato, sugar, and seasonings. Cook until thickened, stirring constantly; add samp, and mix well. Turn into casseroles, and bake thirty minutes. Boiled and drained macaroni, spaghetti, or rice may be used in this way.

## Spaghetti or Samp with Ham

2 quarts spaghetti or
1½ quarts samp
1½ cups drippings
¼ cup minced onion
1½ cups barley flour
3 quarts strained tomato
1⅔ tablespoons salt
1 teaspoon pepper
1 quart grated cheese
2 tspns. Worcestershire

Cook spaghetti, following usual directions for boiling macaroni. If samp is used, cook it in five quarts boiling

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water, with two tablespoons salt, for five or six hours, as for Samp with Tomato.

Melt drippings, cook onion in it slowly until soft; add flour, seasonings, and hot tomato. Stir until thickened, boil three minutes, stirring occasionally. Add cheese and spaghetti, being careful not to break latter. Pile in center of platters, garnish with strips of broiled ham. Ham fat may be used in sauce.

## Macaroni Timbale

| | |
|---|---|
| 1½ pounds macaroni | 1 or more pounds cheese |
| 12 beaten eggs | 3½ quarts milk |
| 4 teaspoons salt | 6 tbspns. barley flour |
| 2 teaspoons paprika | 6 tablespoons fat |

Cook macaroni without breaking more than necessary, following usual directions for boiling, then cut in one-fourth inch pieces. Melt fat, add flour, and stir into hot milk, stirring until smooth. Add macaroni, cheese, seasonings. Cool, and add to well-beaten eggs. Turn into oiled baking dishes, set in pans of hot water or on asbestos mats; bake sixty minutes or longer in very slow oven. Serve at once with White Sauce II or Plain Tomato Sauce. Boiled samp may be used in place of macaroni. It should be drained and the water used in the sauce.

## Barley Noodles

Beat four eggs slightly, add two teaspoons salt, and barley flour to make stiff dough. Knead on slightly floured board, roll very thin, let stand half an hour or so to dry. Roll the dough like jelly roll, cut off in one-fourth inch slices, then unroll. Cover with cheesecloth and keep in

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warm, dry place to dry. When thoroughly dried, it is ready to use, or to be packed in tight jars for keeping.

## Corn Noodles

4 eggs, beaten slightly
2 teaspoons salt
1⅓ cups white corn meal
1⅓ cups wheat flour

Barley flour may be used in place of wheat flour. Knead on floured board, using more flour if necessary. Roll, dry, and cook as other noodles.

## Konkee Noodle

3 or 4 cups cut onions
5 pounds round steak or any tough beef
3 quarts strained tomato
1 quart boiling water
1½ cups drippings
2 cups barley flour
2½ tablespoons salt
1½ teaspoons paprika
3 quarts noodles or more

Cut steak in half-inch pieces or cubes. Brown it, a little at a time, in a very hot frying pan which has been rubbed with fat. Put into kettle with boiling water; cook slowly three hours.

Cut onions in slices, and cook very slowly in drippings until soft; add flour, stir until smooth. Add hot, strained tomato, stirring all the time until it boils. Cook noodles in plenty of boiling salted water until tender, but not broken; drain, and add to meat with seasonings and tomato mixture. Cook fifteen minutes longer.

## Noodles in Cheese Sauce

Boil noodles until tender in salted water; drain. Reheat in White Sauce II, to which grated cheese has been added.

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## Ollapodrida

| | |
|---|---|
| 6 to 8 quarts cooked rice | 2 cups drippings |
| 1½ quarts sliced onion | 2 to 4 cans pimento |
| 1½ quarts grated cheese | 2 tablespoons salt |
| 4 quarts strained tomato | 2 teaspoons paprika |

One and one-half quarts uncooked rice are required. Cook as Boiled Rice, reserving rice water for soup or bread making.

Melt drippings, add onion, and cook until slightly yellowed. Cover bottom of casseroles with rice, sprinkle with onion, cheese, chopped pimento, tomato, salt, and paprika; repeat, having the top layer of cheese. Cover, and bake an hour in moderate oven, adding rice water if too dry. Uncover for a few minutes at the last, in order to brown slightly.

## Rice Rarebit

| | |
|---|---|
| 4 to 6 quarts boiled rice | 4 teaspoons salt |
| ⅝ cup potato flour | 2 teaspoons paprika |
| 2 cups oleo or oil | 1½ teaspoons mustard |
| 1 pound or more cheese | 4 quarts hot milk |

Mix flour and seasonings, add to fat, and stir until smooth. Add hot milk, stirring constantly until smooth; cook thirty minutes in double boiler. Use one quart raw rice, if it is to be added to sauce; one and one-half quarts, if rice is to be spread on platters and sauce poured over it. Cook as Boiled Rice. About ten minutes before serving, add grated cheese to sauce; stir until smooth. Add rice, stirring very carefully with a long, two-tined fork, so as not to break kernels. Serve on hot toasted crackers or unsweetened oatmeal wafers. Or spread rice on platters,

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and cover with hot sauce. Part of paprika may be reserved to sprinkle over top.

## Corn Meal Mush as a Vegetable

| | |
|---|---|
| 1½ quarts corn meal | 2 tablespoons salt |
| 4½ quarts water | 1 teaspoon paprika |

Mix corn meal, salt, and paprika with enough cold water to make smooth. Bring remaining water to boil, add meal mixture; boil one or two minutes, and cook three hours in double boiler, or six to ten hours in fireless cooker. Serve in following ways:

Serve hot mush with fried fish in place of potato.

Mold in long, narrow pans, cut in slices, and cook in drippings in hot oven or on griddle. Serve with roast pork or chicken.

Turn into shallow pans to depth of an inch; mold. Cut in blocks about one and one-half inches wide by two and one-half long, dip in egg and crumbs as for croquettes, and fry in deep fat. Serve with pork, chicken, or other roast meat.

## Tamale Pie

| | |
|---|---|
| 4 quarts water | 1 pint chopped onion |
| 2 quarts corn meal | 1 pt. chopped sweet pepper |
| 2 tablespoons salt | 5 teaspoons or more salt |
| 2 teaspoons pepper | 6 tablespoons oil |
| 3 quarts chopped meat | ¼ cup Worcestershire sauce if desired |
| 1 quart strained tomato | |

Make corn meal mush of first four ingredients. Heat oil, add pepper and onion; cook until brown but not burned. Add tomato, meat, salt, and Worcestershire

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sauce if desired; mix thoroughly. Put layer of mush in bottom of baking dishes, then layer of tomato mixture; cover with remaining mush. Bake an hour, and serve with Savory or Italian Sauce.

## Baked Polenta

| | |
|---|---|
| 2½ quarts corn meal | 2⅔ tablespoons salt |
| 6 quarts water | 4 quarts brown gravy |

Mix corn meal with two quarts of cold water; bring remainder to boil, and add to corn meal. Add salt, and stir until the mixture boils, then cook four or more hours in double boiler or fireless cooker. Rinse shallow, oblong pans in cold water, turn in mush to depth of one inch, and let stand until cold and stiff. Cut in cubes, turn lightly into baking dishes, add gravy, and cook until heated through. Small cubes of left-over meat may be added.

## Molded Polenta

| | |
|---|---|
| 2½ quarts corn meal | 2⅔ tablespoons salt |
| 6 quarts water | 1 or more pounds cheese |

Cook first three ingredients as in Baked Polenta. Add cheese, and stir until melted. Turn into round or melon molds that have been rinsed in cold water. In cold weather, let stand until molded, but not cold; in hot weather, let stand until cold. Turn out on platters, garnish with crisp bacon or parsley. Serve with Plain Tomato or Savory Sauce.

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## Spanish Polenta

| | |
|---|---|
| 2½ quarts corn meal | 3 cups minced green pepper |
| 6 quarts water | 1½ cups oil or fat |
| 2⅔ tablespoons salt | 1½ cups barley flour |
| 4 quarts strained tomato | 2 tablespoons salt |
| 1½ quarts minced onion | 1 or 2 quarts grated cheese |

Cook first three ingredients as in Baked Polenta. Turn into shallow pans which have been rinsed in cold water, to the depth of an inch. Let stand all day or over night, cut in cubes, turn into baking dishes.

Melt fat, add pepper and onion, and cook very slowly until soft. Add flour, mix well; add hot tomato, stirring constantly. Bring to boil; add cheese and salt; pour over cut mush. Bake about thirty minutes.

## Scotch Scrapple

| | |
|---|---|
| 5 pounds beef or mutton | 2 quarts rolled oats |
| 5 quarts water | 1 teaspoon pepper |
| 5 teaspoons salt | 1 teaspoon paprika |

Use any cut of meat suitable for boiling. Wipe thoroughly, add boiling water, bring to boiling point, skim if needed, and simmer until meat is very tender; strain off liquor and let get cold; remove fat. Put three and three-fourths quarts stock in kettle, adding water to make up the quantity if necessary. Add salt and rolled oats, boil five minutes, and cook one hour or more in double boiler or in fireless cooker. Chop meat quite fine, add to oatmeal with pepper, paprika, and any desired poultry or spiced seasoning to taste; heat well, and turn into bread pans which have been dipped in cold water. Chill, cut in

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slices, dredge with corn meal or barley flour. Put one or two tablespoons drippings in frying pan, and when hot, cook scrapple until well browned on each side. Cook rather slowly, so that a thick crust can form without burning. The slices may be laid in pans and cooked in oven, if preferred.

### New England Scrapple

| | |
|---|---|
| 4½ quarts water | 1 teaspoon pepper |
| 1¼ quarts corn meal | 1 teaspoon or more sage |
| 2 tablespoons salt | 2 or 3 quarts minced meat |

Use any left-over meat and yellow granulated or home-ground meal. Mix meal with one quart cold water. Bring remaining water to a boil, add meal, and boil two or three minutes. Add meat and seasonings, and cook three hours in double boiler, or all day in fireless cooker. Mold in bread tins which have been dipped in cold water, cut in half-inch slices, and sauté in drippings until brown and crusty on both sides. Sausage may be used in place of minced meat, but the sage should be omitted.

### Lima Bean Loaf

| | |
|---|---|
| 2½ quarts Lima, pea, or yellow-eyed beans | 1¼ cups oil or fat |
| 3 cups chopped onion | 3 tablespoons salt |
| 3 quarts mashed potato | 2 teaspoons mustard |
| 8 eggs, beaten well | 5 teaspoons paprika |
| | 2 teaspoons sage (optional) |

Soak beans over night, drain; cover with cold water, bring to boil, cook slowly until soft, drain; put through meat chopper. Cook onion in fat until softened but not browned. Pack potato well in measuring. Mix ingredi-

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ents; add bean water to make moist, but not at all sloppy. Bake in casseroles in slow oven about an hour. Serve with Italian Sauce.

## Lentil Loaf

- 2½ quarts lentils
- 2 quarts soft crumbs or
- 2 quarts mashed potato
- 1½ cups drippings
- 8 to 10 eggs, beaten well
- 3 cups chopped onion
- 2 cups chopped pimento
- 3 tablespoons or more salt
- 1 teaspoon paprika
- ¼ cup chopped parsley

Soak lentils over night; drain. Cover with cold water, bring to boil, and cook gently two hours, or until soft; drain, and reserve water. Cook onion slowly in drippings until softened and yellowed. Mix ingredients well, adding mace or nutmeg if desired. Add bean water to make the mixture too moist to shape in loaves. Bake in casseroles an hour or more; in ramekins, about twenty minutes. Serve with or without Plain Tomato or Italian Sauce.

## Nut Loaf

- 2 quarts hot boiled rice
- 3 quarts cottage cheese
- 1 cup chopped onion
- 2 quarts chopped nuts
- 2 quarts stale bread
- ½ cup drippings
- 2 quarts milk or more
- 8 eggs
- 4 tablespoons salt
- 2 teaspoons pepper
- ¼ cup minced parsley
- 1 tablespoon sage

Use old bread; break in pieces, and soak in milk half an hour, or until soft; beat well. Beat eggs separately. Mix all ingredients except egg whites; the mixture should be too soft to shape in loaf, but not sloppy. Beat well,

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fold in whites which have been beaten until stiff. Bake one and one-half hours, or until firm throughout, in baking dishes, in moderate oven. Serve with White, Cheese, or any desired Tomato Sauce.

## Cheese Loaf

4 quarts soft bread crumbs, well packed
4 quarts milk
2 pounds grated cheese
24 eggs
3 tablespoons salt
1 teaspoon pepper
1 cup chopped green pepper or pimento
1 cup margarine

Soak bread crumbs in milk thirty minutes. Add cheese, seasonings, and well-beaten yolks, and beat well. Fold in stiffly beaten whites, turn into oiled baking dishes. Bake in moderate oven one and one-half hours, or until a knife comes out clean. Serve at once, with or without Italian Sauce.

## Cheese and Corn Loaf

1 cup margarine
1 cup chopped green pepper
2 quarts soft crumbs or 2 quarts mashed potato
3 tablespoons salt
4 quarts milk
2 quarts corn
2 quarts grated cheese
16 eggs
1 teaspoon pepper

Use canned or fresh sweet corn. Cook pepper in margarine five minutes. Mix all ingredients except egg whites, beat well. Fold in stiffly beaten whites. Bake in moderate oven one and one-half hours, or until a knife comes out clean. Serve at once, with or without sauce.

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## Corn Meal Soufflé

| | |
|---|---|
| 1¾ quarts corn meal | 24 or more eggs |
| 6 quarts cold milk | 1 tablespoon paprika |
| ¾ cup margarine | ½ teaspoon pepper |
| 4 tablespoons salt | 3 cups grated cheese |

Put milk and margarine into double boiler; sprinkle corn meal over top without stirring, let come to scalding point, then stir well, and cook until thick as mush. Add cheese, seasonings, well-beaten yolks; turn into mixing pans and let stand till lukewarm. Fold in stiffly beaten whites. Bake in moderate oven one and one-half hours, or until a knife comes out clean. Serve at once.

## Boston Roast

| | |
|---|---|
| 3 quarts white beans | 3 quarts grated cheese |
| 3 quarts mashed potato or | 3 cups minced onion |
| 2 qts. soft, coarse crumbs | 3 tablespoons salt |
| Bean water to moisten | 1½ teaspoons pepper |

Soak beans over night, drain; add cold water to cover, bring slowly to boil, and cook in Aladdin oven or on range, with slow heat, until soft. Drain, reserving water. Put beans through meat chopper. Boil potatoes, put through ricer, and pack lightly in cup to measure, or use left-over potato. If bread is used, crumble coarsely; or take dried pieces, soak in cold water, wring dry in cheesecloth, and crumble. Cook onion slowly in one cup drippings. Mix ingredients thoroughly, adding more salt if needed, and bean water to make of right consistency to pack in bread tins. Or make a little softer, being careful that it is not sloppy, and bake in casseroles or ramekins. Bake in

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moderate oven about an hour for large dishes. Serve with Italian or any preferred sauce.

## Vegetable Roast

4 quarts cooked soy beans
4 quarts corn
2 quarts cooked hominy
2 quarts mashed potato
1 pt. dried, ground crumbs
1 quart strained tomato
1½ teaspoons pepper
3 tablespoons salt or more
½ cup grated onion
1 tbspn. vegetable extract in
1½ cups boiling water
6 eggs, beaten well

Drain beans and put through meat chopper. If fresh corn is used, run sharp knife down center of each row of kernels, and remove pulp by scraping. Kornlet or chopped canned corn may be used. Mix ingredients thoroughly, adding bean water or more tomato if not moist enough. It should be so moist that it will not keep its shape at all. Rice may be used in place of hominy. Turn into baking dishes, and cook in moderate oven about an hour.

## Split Pea Soufflé

3 cups barley flour
3 cups bacon fat
3 quarts milk
4 quarts mashed peas
24 to 30 eggs
4 tablespoons salt
2 teaspoons pepper
½ cup grated onion

Soak about one and one-half quarts split peas in cold water over night; drain. Add water to come even with top of peas, bring to boil, and simmer until soft; drain, and reserve water. Put peas through purée strainer or meat chopper. Melt fat, add flour; remove from fire, add hot milk, stirring constantly until smooth. Ham or sausage

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fat may be used in place of bacon. Cook in double boiler thirty minutes. Add seasonings and pea pulp, and stir into well-beaten yolks. Fold in stiffly beaten whites, and bake in moderate oven one and one-half hours, or until firm. Serve at once.

A ham bone cooked with the peas gives a delicious flavor. In that case, use ham fat or unflavored meat drippings instead of bacon fat.

## Indian Fondue

3 quarts hot milk
3 quarts crumbled corn bread or muffins
2 pounds American cheese
2 cups minced red pepper
2 cups minced green pepper
5 teaspoons mustard
2 teaspoons paprika
2 tablespoons salt
30 eggs

Grate or chop cheese. Crumble quite fine corn bread or muffins (they should not be dried), and pack lightly to measure. Mix first eight ingredients thoroughly, add well-beaten yolks, and fold in stiffly beaten whites. Bake an hour and a half, or until firm, in moderate oven.

## Peanut Loaf

3 quarts hot boiled rice
2 or 3 quarts chopped peanuts
3 qts. soft bread crumbs
10 eggs, well beaten
4 quarts milk
5 tablespoons salt
2 teaspoons pepper
¾ cup melted fat

Mix ingredients thoroughly, turn into greased baking dishes or bread pans, set in pans of hot water or on asbestos mats, and bake an hour, or until a knife comes out clean. Serve with Plain Tomato or White Sauce.

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### Baked Barley

| | |
|---|---|
| 1¼ quarts pearl barley | 2 teaspoons pepper |
| 6 quarts boiling water | 6 cups or more diced meat |
| 2 tablespoons salt | 3 quarts brown gravy |

Add salt and barley to boiling water, and cook in fireless cooker over night or all day. Turn into baking dishes, add meat, pepper, and hot gravy or Brown Sauce, and mix well with a fork. Bake about thirty minutes in moderate oven. The meat may be omitted.

## BREAKFAST CEREALS

There are several cereal products, not commonly used for that purpose, which make excellent breakfast cereals: pearl barley and cream of barley; white corn meal, which makes a very acceptable substitute for cream of wheat; a mixture of bran and rye meal, which makes a good coarse cereal; popped corn put through meat grinder.

### Cream of Corn

Mix one and one-half quarts white corn meal with two quarts cold water; add two tablespoons salt, and four quarts boiling water. Boil five minutes, stirring constantly. Cook in double boiler or fireless cooker three hours or more.

### Cream of Rye or Rye Flakes

Bring five quarts water to boil; add three tablespoons salt, and three and one-half quarts cream of rye or rye flakes, stirring carefully with long-handled fork to pre-

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vent breaking of flakes. Boil one minute, and cook thirty to forty-five minutes in double boiler.

### Cream of Barley

Cook as Cream of Corn. This cereal is not very well known in the East. It is similar to Ralston in color and texture.

### Pearl Barley

Add one quart pearl barley to six quarts boiling water, add two tablespoons salt; boil ten minutes, and cook five or six hours in double boiler, or all night in fireless cooker.

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# VEGETABLES

## Creamed Cucumbers

25 large cucumbers
3 quarts milk
2 cups rice flour or
⅔ cup cornstarch
1 teaspoon celery salt
2 cups margarine
1 tablespoon salt
1½ teaspoons pepper
½ cup minced parsley
1 teaspoon paprika

Peel and quarter cucumbers, and remove seeds with spoon. Add one and one-half tablespoons salt to four quarts water, add cucumbers, and boil about ten minutes; drain in colander for several minutes, remove to serving dishes.

Cream margarine and flour until smooth; add hot milk, stir until smooth, and cook thirty minutes in double boiler. Add salt and pepper, pour over cucumbers, and sprinkle with parsley.

## Stuffed Cucumbers

The number of cucumbers depends upon their size and the desired size of servings. If served as the main course for luncheon or supper, the portions should be larger than if served as a second vegetable. Pare, steam, or parboil five minutes or more; rinse with cold water, drain. Cut in halves lengthwise, remove seeds, pressing out as much moisture as possible. Fill cavities rounding full, cover with soft, buttered crumbs, place in shallow pans with cucumber water in bottom, and bake thirty minutes, or until done. Serve with White, Cheese, or Tomato Sauce.



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**Stuffing**

| | |
|---|---|
| 3 quarts soft crumbs | 1 cup bacon fat |
| 2 qts. chicken or veal, or | 1½ cups minced parsley |
| 1 pound bacon | 2 tablespoons salt |
| ½ cup chopped onion | 1 teaspoon celery salt |
| 1 teaspoon pepper | 1 cup chopped green pepper |

Cut bacon in slices, cook until slightly brown; remove from fat, and chop fine. Cook finely minced onion and pepper in bacon fat until softened. Mix all ingredients, and moisten with stock or cucumber water.

## Mock Oysters

Wash green tomatoes, remove stems, and cut in half-inch slices or thicker. Dip in barley flour to coat thoroughly. Sauté in hot frying pans containing cooking oil or salt pork drippings to the depth of one-fourth inch. They should be well browned on both sides, but not burned. Sprinkle both sides with salt and pepper while cooking. Arrange on hot platters; serve with Brown Sauce. To make the latter, add sufficient drippings to pan in which tomatoes were cooked, stir in flour, cook until brown; add hot stock, and when thickened and well cooked, strain and pour over tomatoes, or serve in separate dishes.

## Baked Tomatoes

Wash ripe tomatoes, remove stems, cut in halves crosswise, and place in shallow pans with skin side down. Sprinkle each with salt and pepper, and half a teaspoon sugar. Put a bit of fat on the top of each. Bake in hot oven forty-five minutes, or until done. Place on half-

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slices of toast, or on bed of boiled rice. Serve with Cream Sauce or White Sauce II.

### Cream Sauce

Melt one and one-half cups salt pork or meat drippings, add an equal quantity of barley or bread flour, and stir until golden brown. Add a cup or more of tomato, and cook until soft. Add three quarts creamy milk, strain into double boiler, and cook until thickened. Serve in gravy boats.

## Peppers Stuffed with Rice

25 large green peppers
4½ quarts cooked rice
1 pound sausage minced or
1 pound bacon diced

Cut peppers in halves lengthwise; remove seeds, wash, parboil five or ten minutes; drain. Cook sausage or bacon, mix with rice, moisten with a cup of margarine or fat, add salt and pepper to taste, and fill peppers rounding full. Place in shallow pans with a little water in bottom; bake thirty to forty minutes, moistening rice with rice water if too dry. Serve with White Sauce made with meat drippings, or with Tomato Sauce. In latter case, moisten rice with strained tomato.

If more peppers are used, increase rice and sausage in same proportion.

## Carrots Glacé

12½ pounds carrots
4 cups corn syrup
1½ cups boiling water
1 cup margarine

Wash carrots, and scrape or peel very thinly. Boil in salted water until nearly done, or cook in steamer. Cut in half-inch slices, or cut in quarters lengthwise, and each

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quarter in two or more pieces, according to length. They may be cut before cooking, if preferred. Put into agate pans to depth of about two inches. Add syrup and margarine to water, with one teaspoon salt; dip over the carrots, and bake forty-five minutes or longer, basting with remainder of mixture.

### Peas with Mint-Glazed Carrots

Prepare carrots as above. Just before removing from oven, sprinkle with one-half cup finely chopped mint.

Drain and rinse peas, turn into double boiler, and for each No. 10 can of peas add one-half cup butter, two tablespoons sugar, one tablespoon salt, and one teaspoon pepper, and allow thirty minutes for heating. If served as main course for luncheon or supper, two cans peas should be used. Mound peas in center of platter, with border of carrots.

### Carrots with Lima Beans

| | |
|---|---|
| 2 quarts Lima beans | 1 cup sliced onion |
| 4 quarts diced carrot | 2 tablespoons salt |
| 1 pound salt pork | 1 teaspoon pepper |

Soak beans over night in cold water; drain. Cover with cold water, add one teaspoon soda, parboil fifteen minutes; drain.

Cut pork in small cubes, cook slowly until crisp, add to beans. Cook vegetables in pork drippings until slightly browned. Put beans, carrots, pork, and seasonings into large, tightly covered kettle, or into casseroles; add water to come nearly to top of beans. Bake two hours, or until done.

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## Carrots à la Pompadour

| | |
|---|---|
| 4 quarts cooked carrot | 4 quarts White Sauce I |
| 4 quarts cooked potato | 1 cup grated cheese |

Cut vegetables in half-inch cubes before measuring. Dissolve cheese in white sauce. It is a great improvement if cream is used in place of part of milk. Put vegetables in layers in baking dishes, having potato on top. Add sauce, cover with soft bread crumbs which have been mixed with melted fat; or grated cheese may be sprinkled over the top. Bake about twenty minutes.

## Mock Mushrooms

| | |
|---|---|
| 8 quarts diced egg plant | 1⅔ tablespoons salt |
| 3½ quarts brown stock | 1½ teaspoons pepper |
| 1¾ cups fat or oil | 1 teaspoon Worcestershire |
| 1¾ cups barley flour | 1 teaspoon onion juice |

Six or eight egg plants will be required. Peel, cut in half-inch cubes; cook in boiling salted water twenty minutes, and drain thoroughly.

Heat oil or salt pork drippings, add flour, and when smooth, add hot stock. Stir till smooth and thickened; add seasonings, and egg plant. Serve very hot on toast or in border of Boiled Rice.

## Scalloped Egg Plant

| | |
|---|---|
| 8 large egg plants | ½ cup minced parsley |
| 1 cup minced onion | 1½ teaspoons pepper |
| 1½ cups fat | 1 tablespoon or more salt |
| 3 cups chopped mushrooms | 2 quarts soft crumbs |

The number of egg plants depends upon size; if very large, six would be sufficient. Peel, cut in halves; parboil

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in salted water ten minutes, or until tender but not mushy; drain well. Cut in half-inch cubes or pieces. Cook onion slowly in fat until softened; add mushrooms, and cook two minutes longer. Mix ingredients; add egg plant water to moisten, put in baking dishes or ramekins; cover with crumbs which have been mixed with fat or oil. Bake until crumbs are brown. Serve with or without Tomato or White Sauce.

## Spring Greens

There are many common, so-called weeds that furnish appetizing greens for those who have no early greens in the garden. Every locality can furnish one or more of these edible weeds, in addition to the ever present dandelion.

Pigweed, or lamb's quarters, makes good greens when young and tender, and is found wherever there is cultivated land. It may be used alone or in combination with other greens, and is cooked like spinach. Dandelions should be gathered before the flower bud makes much growth, and may be cooked like other greens or served raw as a salad. The marsh marigold, or cowslip, found in marshy places, is prepared like spinach; also purslane, or "pusley." Sorrel, a common wayside weed in many localities, may be used alone, or in combination as a salad; or cooked with dandelion, which makes a pleasing combination. Mustard should be used when young, either alone or in combination with greens of a mild flavor, such as purslane or pigweed. Very young, crisp mustard leaves make a good salad green. Milkweed is one of the most valuable of the edible weeds, and, unlike many of them, may be used throughout the season. Early in the spring, the young stem may be used; later, only the branches are

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edible. The young stalks may be bunched and cooked like asparagus, with either melted butter or a white sauce. The branches are usually cooked like spinach.

## Kale

Remove tough leaves, wash thoroughly, and drain. Cook in boiling water, adding one tablespoon salt to four quarts water. It will require from thirty to sixty minutes' boiling, according to age. Drain well, chop fine; add one cup butter and two cups stock to eight quarts chopped kale; simmer fifteen minutes, adding more salt if needed.

## Kohl-Rabi

Peel one peck or more kohl-rabies, and cut in half-inch slices, discarding tough or woody portions. Boil in salted water thirty minutes, or until tender; drain. Serve with melted butter or three quarts White Sauce II.

## Scalloped Kohl-Rabi

| | |
|---|---|
| 9 quarts sliced kohl-rabi | 4 quarts White Sauce II |
| 1½ teaspoons pepper | 1 quart soft crumbs |

Peel kohl-rabi; cut in half-inch cubes, or in one-third inch slices; do not use tough portions. Boil in salted water thirty minutes, or until soft, allowing one tablespoon salt to four quarts water. Drain, put in baking dishes; add sauce, sprinkle with pepper, and cover with crumbs to which one-half cup melted fat has been added. Bake until crumbs are brown. Grated cheese may be used in place of crumbs, or may be added to white sauce if desired.

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## Turnips au Gratin

| | |
|---|---|
| 1 peck white turnips | 4 quarts White Sauce II |
| 1½ teaspoons pepper | 1 quart soft bread crumbs |

Peel turnips, cut in halves lengthwise, and then in slices; parboil five minutes with one teaspoon soda; drain. Add boiling water, with one teaspoon salt to each quart; boil until tender. Drain, put in baking dishes; add sauce and pepper, cover with buttered crumbs; bake until crumbs are brown. Grated cheese may be used in place of crumbs.

## Cabbage à la Français

| | |
|---|---|
| 10 pounds cabbage | ¾ pound grated cheese |
| 3 quarts White Sauce II | 1 teaspoon paprika |

Remove wilted or spoiled leaves, cut in quarters, soak an hour in cold salted water; drain. Boil twenty to thirty minutes in salted water; chop coarsely, put in baking dishes; add white sauce, sprinkle cheese and paprika over top. Bake about ten minutes.

## Baked Apples and Onions

| | |
|---|---|
| 10 pounds onions | 6 cups water |
| 6 pounds apples | 1 cup or more margarine |
| 2 tablespoons salt | 1 teaspoon pepper |

Peel and slice onions; peel, core, and slice apples. Put alternate layers of apple and onion in casseroles, sprinkling each layer with salt and pepper. Melt margarine in water, allowing one cup water to each dish. Cover tightly, and bake about one and one-half hours.

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## Fried Onions

1½ pecks onions
Salt to taste
2 or more cups oil, margarine, or drippings

Peel and slice onions. Into heavy, iron frying pans put about one cup water, and from one-fourth to one-half cup fat; depends upon size of pans—the water should barely cover bottom. Add onions, sprinkle with salt, cover. Cook slowly, stirring occasionally, until water has evaporated and onions are soft and golden brown, not dark brown.

## Onions with Nut Sauce

Peel one peck or more onions. Parboil in plenty of boiling water, with one-half teaspoon soda, for two minutes; drain. Add fresh water to cover, boil five minutes; drain again. Add boiling water to cover generously, and boil an hour, or until quite soft. Have them well done, even though they lose shape. If water turns quite yellow, it is well to change it again. Drain well, and add three quarts Brown Almond Sauce. Or use three quarts White Sauce II, to which coarsely cut, well-roasted peanuts have been added.

## Stuffed Tomatoes

Choose about fifty large, firm, ripe tomatoes; wash, cut a slice from stem end, and remove pulp to leave only a wall about one-third inch in thickness. About five quarts stuffing will be required. Use a mixture of left-over chopped meat or minced fish, mixed with crumbs; or well-seasoned canned or fresh sweet corn; or boiled rice which has been highly seasoned with onion, green peppers,

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celery, etc. Some of the chopped pulp may be added, if desired. Fill tomatoes rounding full, cover lightly with crumbs which have been mixed with melted fat or oil, and bake from thirty to forty minutes. Serve with white sauce, or with some creamed dish, such as celery or onions.

### Cauliflower Greens

Wash the outer leaves of cauliflower, boil until soft in salted water, chop rather fine; season with salt, pepper, and melted butter.

### Cauliflower au Gratin

Prepare as Cabbage à la Français, using from six to nine cauliflowers, according to size.

### Cauliflower with Turnip

6 pounds white turnips 4 large cauliflowers

Cut turnips in three-fourths inch cubes; or cut in halves or quarters lengthwise, then in half-inch slices. Boil in salted water until about half done. Separate cauliflowers into flowerets, and add to turnip; continue cooking until done, about forty-five minutes altogether. Serve with melted butter, with white sauce, or as Cauliflower au Gratin.

### Cauliflower Polonaise

Remove stalks and leaves from six or eight large heads of cauliflower. Soak heads in cold salted water an hour or more. Cook until tender in boiling salted water, from thirty to sixty minutes; drain.

Crumble soft, stale bread quite coarse, having about two quarts in all. Mix with one cup melted fat, turn into

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large, shallow pan, and toast in oven until crisp and golden brown. Arrange cauliflower heads on platters, sprinkle with toasted crumbs. Serve with Hollandaise Sauce, or pour over cauliflowers a rather generous quantity of melted margarine.

### Creamed Parsnips

Wash and scrape fourteen or fifteen pounds parsnips; cut in any desired way. Cook in salted water until tender, but not broken.

Melt one and one-half cups margarine or pork drippings; stir into it one and one-half cups barley flour. Add three quarts water in which parsnips were boiled; stir until smooth and well boiled. Season with pepper and more salt if needed. Pour over drained parsnips, and serve at once.

### Creamed Radishes

Wash radishes and remove stem and root. It is not necessary to peel them. They may be left whole, or cut in any desired way. Cook in salted water thirty minutes, or until tender. Serve in three quarts White Sauce II, using part of the radish water if desired. Sprinkle with minced parsley.

### Summer Squash

If squash is young and the skin tender, it is unnecessary to peel it. Wash, cut in one-third inch slices; dip in egg and sifted crumbs, or in fritter batter; sprinkle with salt and pepper. Sauté in frying pans in meat drippings or cooking oil.

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## Scalloped Salsify

12 bunches salsify (vegetable oyster)
3 quarts soft crumbs
1½ cups drippings
6 green peppers minced
3 cups minced onion
3 quarts brown stock or 3 quarts White Sauce I

If white sauce is used, the crumbs are omitted. Scrape salsify, put at once into water to which enough vinegar has been added to make it slightly acid; this prevents discoloration. Cut in pieces before or after cooking. Boil in salted water until soft; drain. Cook pepper and onion in drippings until softened, but not brown. Put salsify in baking dishes in layers, alternating with pepper and onion, and the crumbs if used. Add sauce or stock; bake thirty minutes in moderate oven.

## Corn, California Style

6 quarts canned corn
2 quarts milk
1 cup barley flour or ½ cup potato flour
1 cup bacon fat
1 cup chopped green pepper
1 to 2 pounds bacon
3 quarts soft crumbs
1 tablespoon salt
1 teaspoon pepper

Make a white sauce of the milk, bacon fat, flour, salt, and pepper, following directions for White Sauces. Add corn, crumbled stale (not dried) bread, and finely chopped pepper. Put in casseroles, and sprinkle over top diced bacon which has been cooked just enough to give one cup drippings. Bake in moderate oven until bacon is crisp and golden brown in color. To conserve bacon, grated cheese or buttered crumbs may be used for top, and another fat used in sauce.

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## Savory Corn

| | |
|---|---|
| 1½ cups white corn meal | ¾ cup green pepper |
| 2½ cups cold milk | 2 tablespoons salt |
| 3 quarts hot milk | ½ cup drippings |
| 4 quarts corn or kornlet | 16 eggs, well beaten |

Mix cold milk and meal; add to hot milk, stirring constantly until thickened. Add remaining ingredients; mix well, and turn into baking dishes. Set in pans of water or on asbestos mats. Bake in very moderate oven sixty to ninety minutes. When done, a knife will come out clean.

## Creamed Cabbage

12 pounds cabbage — 3 quarts White Sauce II

Remove wilted or discolored leaves, cut in quarters, and soak in salt water an hour or more; drain. Cook in boiling salted water from thirty to sixty minutes, but be careful not to overcook it. Drain well. Remove tough stalk, cut coarsely, turn into serving dishes, and add hot sauce. Sprinkle with paprika or finely chopped parsley.

## Cabbage Rolls

Put left-over meat through meat chopper—beef, veal, lamb, pork, or a mixture of several kinds. Season with salt, pepper, and minced onion, or any desired combination of seasonings. Moisten with left-over brown gravy or meat sauce. Wash cabbage leaves of convenient and uniform size, allowing one for each person to be served. Put into boiling water until wilted; drain. Put tablespoon or more meat on each leaf. Roll, sprinkle with salt; place folded side down in steamer, cook thirty to forty-five

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minutes. Serve with Brown, Plain Tomato, or Savory Sauce. In place of meat, a mixture of rice, minced parsley, and bacon which has been cooked until just beginning to brown, then chopped, may be used. Make White Sauce to serve with these rolls, using bacon drippings in place of butter. Or place rolls in baking dishes, add sauce, and bake about thirty minutes.

### Canned Asparagus Creamed

4 quarts White Sauce II
100 small slices toast
4 to 6 pound-cans asparagus
1 tablespoon paprika

Drain asparagus without removing from cans. Remove to board, and with sharp knife cut in inch pieces, discarding any portions too tough to eat. Be careful not to crush asparagus. Make white sauce in large double boiler; add asparagus about fifteen minutes before serving. Stir once very carefully with long, two-tined fork, just enough to moisten asparagus. Dip toast in cold salted water, put on buttered platters that will endure heat, and put in oven a few minutes to reheat. Cover with creamed asparagus, sprinkle with paprika; serve very hot. Barley bread makes good toast. Finely chopped parsley may be used in place of paprika.

### Creamed String Beans

1 peck string beans
1½ pounds bacon
3 quarts milk
1½ cups barley flour or
½ cup potato flour
1 teaspoon pepper

Wash beans, string, and cut in inch pieces. Put into boiling water, and boil rapidly for twenty minutes; drain. Cook in boiling water to which one-half teaspoon salt to

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each quart has been added. When tender, drain, and add to following sauce:

Cook diced bacon slowly until slightly colored; skim out, and add to cooked beans. Pour off all but one and one-half cups fat, and add flour. Stir until smooth, and add hot milk, stirring all the time. If not smooth, beat with Dover egg beater; cook thirty minutes in double boiler. Season to taste with salt; add beans, reheat, and serve. Margarine or meat drippings may be used in place of bacon.

### Beans à la Monitor

| | |
|---|---|
| 3 quarts yellow-eye beans | 2 pounds onions |
| 1 to 2 pounds bacon | 4 tablespoons salt |

Soak beans over night or for several hours; drain. Cover with cold water, add one teaspoon soda, and parboil five minutes; drain.

Cut bacon in half-inch cubes, cook till slightly colored; add to beans. Cook sliced onions in bacon fat for three minutes; then add onion, fat, salt, one teaspoon pepper to beans and bacon. Add water barely to cover. Bring to boil; cook in fireless cooker or Aladdin oven for five or six hours, or until soft. Add more salt if needed.

### Creamed Peas

| | |
|---|---|
| 2 No. 10 cans peas or | 3 quarts White Sauce II |
| 6 qts. cooked fresh peas | 1½ teaspoons pepper |

Drain and aërate canned peas, reheat in white sauce; or add freshly cooked green peas. In the latter case, cook peas in smallest possible amount of water, and use water in place of part of milk, so as to save all the sweetness and flavor of the peas.

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## Baked Split Peas

| | |
|---|---|
| 3 quarts split peas | 2 teaspoons pepper |
| 1¼ pounds bacon | 4 tablespoons salt |

Soak peas in cold water over night; drain. Add boiling water to nearly cover, and salt; cook in fireless cooker or Aladdin oven three hours, or until soft, adding water if necessary to keep from burning. The peas should be as moist as possible without being juicy. Put into casseroles, sprinkle with pepper, and cover the top with cubes or inch squares of bacon. Cook in rather hot oven until bacon is done.

## Lentils, Creole Style

| | |
|---|---|
| 3 quarts lentils | 1 quart sliced onion |
| 1½ pounds salt pork | 1 pint chopped pepper |
| 2 No. 10 cans tomatoes | 4 tablespoons salt |

Soak lentils over night in cold water; drain. Add boiling water to cover, simmer thirty minutes; drain. Put lentils in large, tightly covered kettle or bean pots; add diced pork, strained tomato, onion, chopped green pepper, salt, and pepper to taste; add water barely to come to top. Cook two hours, or more if necessary, in fireless cooker or Aladdin oven, adding water if needed.

Serve alone or in border of Boiled Rice; or add boiled rice to lentils before serving.

## Stewed Lentils

Soak three quarts lentils over night in cold water; drain. Add boiling water to cover, allowing one teaspoon salt to each quart; simmer one hour or more. They should be quite tender, but not broken. Drain, pile in center of

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platters; surround with border of rice, and serve with Italian or Highly Seasoned Tomato Sauce.

## Vegetable Hot-Pot

2 cups drippings
1 quart sliced onion
1 quart cut celery
2 quarts sliced carrot or yellow turnip
6 quarts sliced potato
6 quarts cut string beans
4 tablespoons salt
1 teaspoon pepper
3 quarts stock or water
1½ cups barley flour
1 cup minced parsley

Cut onions, carrots, and potatoes into half-inch slices. If vegetables are large, cut in halves lengthwise before slicing. Cut celery and string beans in inch pieces. Cook onion and carrot in drippings until light brown, remove from fat to kettle, add string beans; pour on boiling water or stock, and boil one hour. Add potato, celery, and seasonings, and boil another hour, or until all are tender. Stir in thickening which has been mixed with drippings; boil two or three minutes, stirring constantly. Serve with Corn Meal Biscuit.

## Scalloped Kidney Beans

2 qts. red kidney beans
1 quart raw rice
6 quarts strained tomato
½ cup brown sugar
3 cups chopped onion
¾ cup oil or fat
3 tablespoons salt
1 teaspoon paprika

Soak beans twelve hours or more; drain. Cover with cold water, add one teaspoon soda, parboil fifteen minutes; drain. Add one tablespoon salt, and boiling water barely to come to top; cook slowly until soft, adding

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water if necessary to prevent burning. There should be a small amount of thick juice when done.

Parboil rice five minutes or more in boiling water; it should be about half done. Drain.

Strain tomatoes; add finely chopped onion, oil, two tablespoons salt, sugar, and paprika. Arrange beans and rice in layers in casseroles, having bottom of beans and top of rice. Add sauce, lifting bean mixture with fork to allow sauce to moisten all parts. Bake thirty minutes or more in moderate oven.

## Beets Pickled with Onions

4 quarts cooked beets
1½ quarts onions
6 tbspns. pickle spice
3 quarts weak vinegar
½ cup brown sugar
2 teaspoons salt

Slice beets before measuring. Peel mild onions, and cut in very thin slices before measuring. Pack beets in earthenware or enamel receptacle, alternating with onions. Add sugar and spices to vinegar, bring to boil, pour over vegetables, and let stand several days before using.

## Scalloped Mushrooms

4 qts. soft, coarse crumbs
½ cup minced onion
1 cup minced parsley
4 quarts chopped mushrooms
2 teaspoons celery salt
2 teaspoons pepper
¾ to 1 pound bacon
3 tablespoons salt
2 cups barley flour
3 quarts mushroom water or brown stock
½ cup oil or butter

Use fresh mushrooms, or soak two pounds dried ones twenty-four hours or longer in cold water to cover; drain,

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and reserve water. Chop mushrooms. Cook sliced bacon until slightly brown; chop, and add to mushrooms. Cook onion slowly in bacon fat for five minutes; add flour, stir until smooth. Add stock or mushroom water, cook until thickened, stirring constantly, and cool until lukewarm. Add half of salt, and coarsely crumbled white bread crumbs, with exception of three cups reserved for top. Add parsley, celery salt, and remaining salt to mushrooms, and add sauce to make quite moist. Put in baking dishes, cover with crumbs which have been mixed with melted butter or oil. Bake till crumbs are well browned.

### Baked Squash in Shell

Choose smooth, hard-shelled winter squash, such as Hubbard; cut in three-inch pieces, removing seeds and pith. Place shell side down in shallow pans; cover, and bake two hours, or until soft. Remove to platters or small individual dishes, and eat from shell, seasoning it with salt, pepper, and butter as it is eaten. From twenty to twenty-five pounds squash will be required to serve in shell; thirty or more pounds if removed from shell.

### Vegetable Hash

| | |
|---|---|
| 4 quarts cooked cabbage | 1 cup chopped onion |
| 4 quarts cooked potato | 1 cup chopped green pepper |
| 2 quarts cooked turnip | 3 tablespoons salt |
| 2 quarts cooked beet | 1 cup drippings |
| 1 cup chopped parsley | 3 cups stock |

Chop ingredients coarsely, or cut in small cubes. Cook onion and pepper in drippings slowly, until softened. The proportion of vegetables may be varied to suit con-

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venience. Mix ingredients thoroughly, put into casseroles or baking dishes; bake forty-five to sixty minutes.

### Puff Balls, Benzie Style

Peel puff balls, discarding any portions that are not perfectly white. Cut in half-inch slices, dip in egg and sifted cracker crumbs, sprinkle with salt and pepper, and sauté in oil, butter, or drippings until golden brown on both sides. Serve at once.

### Stuffed Celery

Wash and trim fresh, crisp stalks of celery, scraping off any discolored portions. Stir together, until well blended, four Neufchatel cheeses, one-half pound Roquefort cheese, one-fourth cup margarine, and salt to taste. Fill cavities in celery stalks with this mixture, rounding it a little in order to use more cheese mixture. Sprinkle with paprika.

### Jellied Vegetables

| | |
|---|---|
| ⅓ cup gelatine | 1½ tablespoons salt |
| 1 cup cold water | 1 cup light brown sugar |
| 1 quart boiling water | 1½ quarts celery |
| ½ cup lemon juice | 1 cup green pepper |
| 1¼ cups vinegar | 1 cup pimento |

Chop vegetables before measuring. Cabbage may be used in place of celery, and corn syrup in place of sugar by omitting one cup water. Dissolve gelatine in cold water, add boiling water, acid, sugar, and salt. When it begins to set, add vegetables, and pour into individual molds, or into large molds of any desired shape. Serve as garnish

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for cold meats, or on lettuce as salad, with or without dressing.

### New York Baked Beans

3 quarts pea beans
4 tablespoons salt
1 to 3 pounds pork
1 teaspoon pepper

Wash beans, and soak over night in plenty of cold water; drain. Cover with cold water, add one teaspoon soda, bring slowly to boil; cook five or ten minutes; drain. Add boiling water, and simmer until beans begin to soften, but do not lose shape; add salt and pepper, turn into casseroles.

Dip pork into boiling water; scrape rind, then cut through rind ready for slicing. Press a chunk of pork into middle of beans in each casserole; cover closely, and cook in moderate oven three hours, or until done, adding more water if needed. Then remove cover to brown top of beans and pork. Serve with tomato catsup, Chili Sauce, or mustard pickles.

### Baked Soy Beans

5 pints yellow soy beans
1 pint pea beans
1 to 2 pounds salt pork
2 cups chopped onion
¾ cup molasses
1 tablespoon mustard
2 teaspoons pepper
2 teaspoons ginger
4 tablespoons salt
½ cup vinegar

Wash beans, cover with cold water, and soak two days or more in cold place; drain. Add cold water to cover, and one teaspoon soda; parboil twenty to forty minutes; drain.

Scald salt pork, scrape rind, and cut pork in two-inch cubes or in slices. Add pork, onion, molasses, and season-

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ings to beans, barely cover with boiling water; cover closely, and cook in slow oven or fireless cooker from twelve to eighteen hours, adding more water as needed. The pea beans may be omitted, and one-half cup barley flour added, in order to give right consistency to juice or liquor, as soy beans contain little starch.

### Bean Rarebit

- 3 quarts baked beans
- 3 quarts milk or
- 3 quarts strained tomato
- ¾ cup drippings
- 1 quart grated cheese
- 6 tablespoons cornstarch
- 2 teaspoons salt
- 1 teaspoon paprika
- ½ teaspoon pepper
- ½ cup made mustard or
- 1 cup chopped mustard pickle

Put beans through fine meat chopper. Melt drippings, add cornstarch which has been mixed with paprika, salt, and pepper; stir until smooth. Add hot milk, stir until smooth; add bean pulp, cheese, and mustard. Cook about thirty minutes in double boiler. If too thick, add more milk or tomato juice. Stewed red kidney beans may be used instead of Boston Baked Beans.

### Beans, Italian Style

- 3 qts. red kidney beans
- 1½ quarts spaghetti
- ¾ cup minced onion
- ¾ cup drippings
- 3 quarts strained tomato
- 1 cup barley flour
- 5 tablespoons salt
- 1 teaspoon paprika

Soak beans over night; drain. Cover with cold water, add one teaspoon soda; bring to boil, and cook ten minutes or more; drain. Add boiling water and four tablespoons

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salt, and cook all night or all day in fireless cooker or Aladdin oven; drain, and reserve liquor for soup.

Break spaghetti in inch pieces, and cook as for boiled macaroni. Boiled samp may be substituted for spaghetti when conservation of wheat is essential.

Cook onion in drippings, add flour, stir till smooth; add hot tomato, stirring constantly. Boil four or five minutes, add paprika and rest of salt, and carefully stir in cooked spaghetti or samp. Pile beans in center of platters, and surround with sauce.

### Potato Wiggle

4 quarts cold potato
4 quarts cooked peas
4 quarts White Sauce II
Salt and pepper to taste

Cut potatoes in small cubes before measuring. Drain peas, and if fresh peas are used, the water in which they are cooked may be used in place of part of milk. Peas should be cooked in the smallest possible amount of water. Potato cubes may be replaced by small, whole, new potatoes. The proportion of potato and peas may be varied to suit conditions. Reheat in sauce.

### Mexican Rabbit

6 tablespoons margarine
6 large green peppers
3 pounds cheese
12 eggs
2 qts. canned corn, fresh grated corn, or kornlet
1 tablespoon salt
1 qt. coarsely cut tomato

Wash peppers, remove seeds and white portions, and chop coarsely. Melt margarine, add chopped pepper, then cook slowly until softened. Turn into double boiler, add cheese, corn, salt, and tomato. When cheese is melted and

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mixture sufficiently cooked, add to beaten eggs, and stir until mixture is hot and thickened. Serve on crackers, or on bed of boiled rice or hominy.

### Red Bunny

3 quarts strained tomato
1 quart hot milk
1½ cups fat
1½ cups barley flour or bread flour
2 teaspoons soda
12 to 16 eggs
2 pounds cheese or less
1½ tablespoons salt
2 teaspoons paprika

Melt fat, add flour; remove from fire. Add milk, stirring constantly until smooth; cook twenty minutes in double boiler. Add grated or chopped cheese and seasonings, and stir into beaten eggs; return to double boiler and cook ten or fifteen minutes longer, stirring occasionally. Add soda to tomato, strain; bring to boil, and stir gradually into milk mixture. Beat with Dover egg beater, and serve at once on crackers, moistened toast, or on bed of cooked hominy.

### Candied Sweet Potatoes

16 pounds sweet potatoes
⅓ cup butter or margarine
3 cups dark corn syrup
1½ cups water

Wash and pare potatoes; they should not stand long after peeling, or they will turn dark, even when kept in water. Cook twenty to thirty minutes in salted water; drain. Cut in halves or thirds, according to size; put in baking pans to depth of about two inches. Boil water, syrup, and butter together one minute; dip part of it over potatoes. Bake forty-five minutes, basting with remaining syrup mixture. They should be well glazed.

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### Potatoes Philippa

4 quarts cold potato
4 quarts cold white turnip
4 quarts White Sauce II
½ cup minced parsley

Cut potatoes and turnips in half-inch cubes before measuring. Reheat in sauce, and sprinkle with chopped parsley.

### Curried Potatoes

6 quarts diced potato
2 quarts diced onion
3 quarts White Sauce II
¼ cup minced parsley
½ tablespoon salt
1½ tablespoons curry

Cut cold boiled potatoes into half-inch cubes. Boil diced onion fifteen minutes; drain, and add to potato. Mix curry and one-half tablespoon extra salt with white sauce seasonings. Add sauce to potato mixture, heat ten or fifteen minutes in double boiler; turn into serving dishes, and sprinkle with parsley.

### Potatoes à la Virginia

8 quarts raw potato
¾ quart sliced onion
1½ pounds bacon
1½ teaspoons pepper
2 tablespoons salt
1 qt. fine, dry crumbs or
1¼ cups cornstarch
4 quarts hot milk

Meat drippings or cooking oil may be substituted for bacon. Pare and slice potatoes before measuring, and parboil one or two minutes. Add salt and pepper to hot milk. Cut bacon in tiny dice. Put layer of potato in bottom of casseroles, sprinkle with onion and crumbs; repeat. Add hot milk, sprinkle bacon over top. Cover dishes until nearly done; bake in moderate oven one and

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one-half hours, or until potatoes are soft. If cornstarch is used, mix with cold milk to make smooth, then add scalded milk, and pour over potato.

### Italian Potatoes

| | |
|---|---|
| 8 quarts cold diced potato | 4 quarts White Sauce I |
| 3 cups green pepper | 1 tablespoon salt |
| 1 pound or more cheese | 1 teaspoon pepper |

Melt grated cheese in hot white sauce. Cut cold boiled or baked potatoes in half-inch cubes, put in baking dishes, sprinkle with chopped peppers, salt, and pepper; add white sauce. Mix soft, stale crumbs with melted fat, and cover top; or use part of the cheese. Bake in moderate oven fifteen minutes, or until crumbs are brown.

### Potatoes à la Clifton

| | |
|---|---|
| 1 peck potatoes | 12 to 16 egg whites |
| 1 quart milk | 1 pound cheese grated |
| 5 tablespoons salt | 1½ pounds bacon |

Boil and mash potatoes; add salt, cheese, and milk; beat until creamy. Fold in stiffly beaten whites, pile in baking dishes; cover with very thin slices of bacon, allowing one to each person. Bake thirty minutes, or until bacon is done. Serve as main luncheon dish.

### Potatoes with Parsley Sauce

Cook peeled potatoes of uniform size in boiling salted water until soft. Drain, turn into serving dishes; add Parsley Sauce, and serve at once. Steamed instead of boiled potatoes may be used.

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### Potato Hot-Pot

| | |
|---|---|
| 8 quarts sliced potato | 4 tablespoons salt |
| 2 quarts sliced onion | 1½ teaspoons pepper |
| 4 quarts strained tomato | 1 cup barley flour |

Peel and slice potatoes, parboil one or two minutes; drain. Put layer in baking dishes, add onion, sprinkle with salt, pepper, and flour; repeat. Water may be used in place of part of tomatoes; strain, and add to potatoes. Cover dishes, and bake one and one-half hours, or until done.

### Scalloped Potatoes with Ham

| | |
|---|---|
| 7 quarts cold diced potato | 1 tablespoon salt |
| 1 quart diced ham | 1 teaspoon pepper |
| 4 quarts White Sauce I | ⅓ cup minced parsley |

Cut cold, cooked ham in small pieces or dice. Put into baking dishes, with potato, salt, and pepper; add sauce, lifting potato with fork, to allow sauce to moisten all parts. Bake about twenty minutes in moderate oven. Sprinkle with parsley, and serve at once.

### Potato and Onion Scallop

| | |
|---|---|
| 4 quarts sliced potato | ⅓ cup cornstarch |
| 4 quarts sliced onion | 3 tablespoons salt |
| 4 quarts milk | 2 teaspoons pepper |

Peel and slice potatoes and onions before measuring; parboil separately three to five minutes; drain. Put into baking dishes in alternate layers, dredging each layer with cornstarch mixed with salt and pepper; add hot or cold milk, cover closely, and bake one and one-half to two

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hours. Add more milk, if necessary; the potato mixture should be slightly creamy when done. One and one-half cups butter substitute may be added when not necessary to save fat.

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# SALADS AND SALAD DRESSINGS

THERE are three types of salad in common use: the light or "green" salad of lettuce or other salad plants, cucumbers, tomatoes, or radishes; the substantial salad of meats, fish, or nutritious vegetables; and the fruit or cheese salad, suitable for dessert.

In the recipes that follow, the fruit salads, and a few other kinds, are usually given without definite amounts. The size of fruits and the desired size of servings determine the amount. For instance, half an egg or a whole egg may be allowed to each person. If pears or peaches are large, half of one makes a fair-sized serving; but if fruit is small, or servings are to be large, one and one-half or two must be allowed to each. If lettuce is to be served alone, at least nine large heads are needed; if used as foundation or garnish, six large heads are sufficient, unless servings are to be very generous in size.

Wash salad plants thoroughly, and keep in cold place until served. Marinate vegetables and meats for an hour or more in freshly made or left-over French Dressing. Do not add dressing to green salads till just before serving, as they wilt very quickly.

If parsley (or lettuce) is washed and kept in tightly covered receptacle, it will keep fresh and crisp for some time.

There are several oils, besides olive oil, that are suitable and satisfactory for marinating salads, and for dressings; cottonseed, peanut, and corn oil are particularly good.



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### Apricot Salad

Drain canned apricots, arrange on crisp heart leaves of lettuce. Serve with Cream, Swiss, or Cream Mayonnaise Dressing; or with Bretton Woods Dressing, made with apricot syrup.

### Grapefruit Salad

12 large grapefruit
1 quart cut celery
6 sweet green peppers
3 sweet red peppers

Remove grapefruit pulp carefully, discarding seeds. Clean and scrape celery as needed, and cut in half-inch pieces. Wash peppers, remove seeds and white portions; cut in two lengthwise, then cut across in very thin slices or shreds. Mix grapefruit and celery, arrange on heart leaves of lettuce; garnish with pepper shreds, and serve with Bretton Woods or Mayonnaise Dressing.

### Orange and Chestnut Salad

Peel seedless oranges, and cut in slices. Peel boiled chestnuts, and cut in very thin slices. Arrange on shredded lettuce or watercress, and serve with Bretton Woods, Cream French, or Mayonnaise Dressing.

### Peach Salad

Use canned peaches, allowing a large half peach for each person. Place on lettuce leaves; fill centers with dates cut in small pieces, or with plumped Sultana raisins. Serve with Bretton Woods Dressing, or with Swiss or Cream Dressing. Chopped nuts may be sprinkled over dressing, if desired.

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Or drain peaches, arrange on lettuce, and fill centers with sweetened whipped cream to which a little lemon juice has been added.

### Melon Salad

Cut in cubes, and serve on lettuce; or serve from shell, with Bretton Woods Dressing, or salt, pepper, and sugar.

### Sunflower Salad

| | |
|---|---|
| 36 to 48 seedless oranges | Bretton Woods Dressing |
| 2 to 4 packages dates | Watercress |

Remove yellow rind of oranges with grater. Peel, and remove pulp carefully from each section. Arrange watercress on individual plates; place orange sections like petals of a flower, sprinkling with grated orange peel. Wash and stone dates; cut each in four pieces, and pile in center. Serve with Bretton Woods Dressing. Use in dressing any orange juice that escapes.

Plumped, seedless raisins may be used in place of dates, allowing four or five raisins to a serving.

### Apple, Celery, and Raisin Salad

| | |
|---|---|
| 4 quarts cut apple | 1 teaspoon paprika |
| 1½ quarts cut celery | 1½ cups salad oil |
| 3 cups raisins | ½ cup lemon juice |
| ½ teaspoon salt | 2 tablespoons sugar |

Stew raisins slowly, in as little water as possible, until plump and tender, but not mushy; drain. Beat together oil, seasonings, lemon, sugar, and six or eight tablespoons raisin water. Peel apples, quarter, and slice crosswise. The slices should be thick enough not to break. Cut

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celery in quarter-inch slices. Marinate apples and celery in oil mixture thirty minutes; drain, add raisins. Serve on shredded or heart leaves of lettuce. Serve with Cream or Cream Mayonnaise Dressing. Dates may be used in place of raisins.

### Cherry Salad

Use pitted red or white canned cherries. Arrange on heart leaves of lettuce, with small balls made of Neufchatel or cottage cheese; or with marshmallows which have been cut in fourths. Serve with French or Bretton Woods Dressing.

### Pear Salad

Use canned or fresh pears. Serve in halves, quarters, or slices. Serve on crisp shredded or heart leaves of lettuce. Garnish with strips of canned pimento or stuffed olives. Serve with any preferred dressing.

### Manhattan Salad

½ cup gelatine in
2 cups cold water
1 quart boiling water
1 cup sugar
1 cup lemon juice
2 quarts cut apple
1 quart celery
2 cups broken nuts
2 small cans pimentos
6 heads lettuce

Soak gelatine in cold water ten minutes; add boiling water, sugar, and lemon juice. Chill until it begins to stiffen, then add apples and celery, which have been cut in small cubes or pieces, and nuts. Turn into individual molds, and chill. Serve on lettuce; garnish with pimento cut in strips. Pass with it Cream or California Mayonnaise. Serve as dessert.

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## Stuffed Celery Salad

Fill celery stalks with Roquefort or Neufchatel cheese; cut in inch pieces and serve on lettuce, with French Dressing.

## Frozen Fruit Salad

| | |
|---|---|
| 6 tbspns. potato flour | 1 quart hot milk |
| 1 cup sugar | 2 cups vinegar |
| 1⅔ tablespoons salt | 2½ cups cream |
| ½ teaspoon paprika | 1 No. 3 can pineapple |
| 5 tablespoons margarine | 1 cup or more orange |
| 8 beaten egg yolks | 1 cup banana or peach |

Mix flour, sugar, salt, and paprika. Melt margarine, add flour; then, slowly, well-beaten yolks. Stir until smooth. Add hot milk slowly, and cook over hot water until it thickens, stirring constantly. Add vinegar, remove from fire; beat hard, chill. Fold in whipped cream, and add fruit mixture: Cut bananas and pineapple into small pieces. Peel oranges, and remove pulp separately from sections. White or red cherries may be added, or be used in place of some other fruit.

Fill small baking powder cans or pudding molds solidly with mixture; cover tightly, pack in ice and salt, let stand three hours or more. Cut in slices; serve on lettuce leaves, as the dessert course. No dressing is needed.

## Clover Leaf Salad

Remove a slice from the stem end of large, perfect green peppers. Wash, and remove seeds carefully, so as not to break peppers. Press solidly into the peppers enough Neufchatel, cream, or cottage cheese to fill cavities.

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The cheese should be salted to taste. Set in cold place to harden. Before serving, cut crosswise in slices one-third to one-half inch in thickness; place on shredded lettuce. Serve with French Dressing.

### Tomato and Cheese Salad

25 large, firm tomatoes
8 to 12 Neufchatel cheeses
¾ cup minced olive
¾ cup minced red pepper
½ to 1 teaspoon salt
½ teaspoon white pepper

Chop olives and pepper very fine, mix thoroughly with cheese and seasonings; roll in balls about half an inch in diameter. Cut tomatoes in halves crosswise; place each half on two or three heart leaves of lettuce, with cheese balls on top.

The olives and red pepper may be replaced by finely chopped parsley and paprika. Cottage cheese may be used in place of Neufchatel. Serve with French Dressing.

### Greenbrier Salad

50 slices pineapple
10 Neufchatel cheeses
3 large green peppers
6 heads lettuce

If slices are large, they may be cut in two; three to five No. 3 cans are required. Place on crisp, blanched lettuce leaves. Mix cheese with three-fourths teaspoon salt, shape in tiny balls, and place on pineapple. Wash peppers, remove seeds and white portions; cut in two lengthwise, and cut across in very thin slices. Arrange in border around pineapple. Serve with Bretton Woods Dressing.

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This salad is delicious with preserved green gooseberries dipped over cheese balls, using some of the gooseberry syrup in the dressing.

### Berkeley Salad

6 or more heads lettuce
1 No. 3 can pineapple
1 large can pimentos
1 pound Young America or any soft, yellow cheese
French Dressing

Wash lettuce; leave small heart leaves whole, but shred or tear the large leaves in pieces. Put in refrigerator until very crisp. Arrange in salad bowls; scatter over it pineapple which has been cut in shreds or slivers, coarsely crumbled cheese, and shreds or small pieces pimento. Serve with French Dressing.

### Banana Sandwich Salad

25 or 50 bananas
2 to 4 cups raisins
2 cups walnut meats
¼ cup preserved ginger

Chop raisins, walnuts, and ginger fine; moisten with ginger syrup and lemon juice to taste. Chill and peel bananas, serving a whole or half banana to each person. Split lengthwise, put filling between; place on bed of watercress, and serve for dessert with Cream or California Mayonnaise, or with Cream Dressing.

### Beechcroft Salad

8 Neufchatel cheeses
2 cups peanut butter
1 tablespoon salt
12 to 14 large, red apples

Put cheese, peanut butter, and salt into bowl; mix well. Oil fingers slightly with salad oil, and form mixture into

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small balls. Wash apples, remove centers with corer, and cut each apple crosswise into four or five slices. Place on watercress or lettuce, fill center with cheese balls, and serve with Bretton Woods Dressing. Cook cores in small amount of water; strain, and use juice in dressing. Cottage instead of Neufchatel cheese may be used. As fast as apples are cut, moisten with French Dressing, or put in salted water to prevent discoloration.

## Prune and Cheese Salad

Wash prunes; soak over night, or longer, in cold water; steam until tender, but not mushy. Remove stones, crack, and reserve meats. The prunes should not be broken, and it is well to chill them before removing meats. Add salt to taste, and chopped meats, to cottage or Neufchatel cheese; fill prune cavities, and place three or four on lettuce leaves. Serve with Bretton Woods or French Dressing, to which one tablespoon powdered sugar has been added. The chopped meats may be sprinkled over top, instead of mixed with cheese. Steamed dates may be used in the same way.

## Bacon Salad

| | |
|---|---|
| 8 heads lettuce or their equivalent | 2 tablespoons brown sugar |
| 1 pound or more bacon | 1 teaspoon pepper |
| 1¼ cups vinegar | 2 teaspoons paprika |
| | 1 teaspoon mustard |

Cut bacon in one-fourth inch dice; cook till crisp. Mix dry ingredients, add vinegar, and stir until smooth; add to bacon and fat, bring to boiling point. The larger and broken outside leaves of lettuce may be used, leaving

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the inside ones for another salad. Shred by laying leaves in a pile, then cutting crosswise in half-inch strips. Pile lightly in salad bowls. Pour dressing over lettuce just before serving, or pass at table. The latter prevents wilting.

### Chicken Salad

| | |
|---|---|
| 5 quarts chicken cubes | 2 cups French Dressing |
| 3 quarts cut cucumber | 2 teaspoons paprika |
| 1 quart sliced radish | 2 teaspoons salt |
| 1 quart cut celery | 1 qt. or more Mayonnaise |

Peel cucumbers; if large, cut in halves lengthwise before slicing. Slice radishes without peeling. Cut celery in thin slices crosswise. Marinate with French Dressing, salt, and pepper, being careful not to break vegetables. Cut chicken in half-inch cubes or neat pieces. Arrange vegetables on lettuce or watercress, pile chicken on top, and put a spoonful Mayonnaise on each serving. Garnish with slices of radishes.

### Veal Salad

| | |
|---|---|
| 6 quarts diced veal | 2 cups French Dressing |
| 3 quarts celery, peas, or cut string beans | 2 dozen tomatoes |
| | 3 heads lettuce shredded |
| 1 tablespoon salt | 1 qt. or more Mayonnaise |

Marinate veal and vegetables separately with salt and left-over French Dressing. The veal should be cut in half-inch cubes or neat pieces. When ready to serve, drain, and mix together lightly and carefully, and pile in center of platters, on a bed of lettuce or watercress. Cut tomatoes in quarters lengthwise, and arrange at base of mound. Cover top of mound with Mayonnaise.

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## Sardine and Tomato Salad

25 firm, large tomatoes
6 large boxes sardines
6 or 8 heads lettuce
Vinaigrette Dressing

Arrange lettuce to form nests. Cut tomatoes in quarters or sixths lengthwise; arrange two or three sections in each nest, and place sardines between. Serve with Vinaigrette Dressing.

## Fish and Cucumber Salad

5 quarts cooked fish
5 quarts sliced cucumber
1 quart watercress
4 teaspoons salt
½ cup minced parsley
1 teaspoon pepper
6 heads shredded lettuce
Mayonnaise Dressing

Canned or cooked fresh fish may be used. Separate in flakes or in neat pieces, not less than three-fourths inch square. Mix carefully with salt, pepper, chopped cress, and Mayonnaise; be careful not to break fish. Arrange cucumber on lettuce to form circles; fill center with fish mixture, and sprinkle with parsley.

## Potato and Peanut Salad

9 quarts potato cubes
1 quart diced celery or cucumber
5 tablespoons salt
2 teaspoons pepper
3 finely minced onions
1¼ cups vinegar
1 cup oil or margarine
1 quart peanuts
California Mayonnaise

Mix carefully all ingredients except nuts and Mayonnaise; let stand an hour or more. Use freshly roasted or reheated peanuts, in halves or large pieces. Just before serving, mix with potato; arrange in salad bowl, garnish with watercress, and serve with California Mayonnaise.

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### Sardine and Egg Salad

Arrange lettuce in nests. Cut hard-cooked eggs in fourths lengthwise, or in slices. Arrange three or four pieces of egg, and about the same number of sardines, for each person, and serve with French, Creole, or Chili Dressing.

### Frankfurts with Potato Salad

9 quarts diced potato
1 cup minced onion
½ cup minced parsley
1 pint mustard pickle
4 tablespoons salt
1 tablespoon celery salt
2 teaspoons pepper
1 teaspoon paprika
3 cups salad oil
1 cup vinegar

Chop or cut mustard pickles coarsely. Mix ingredients thoroughly but carefully; chill. Arrange in mound in center of platters, sprinkle with parsley, and arrange broiled Frankfurts as a border.

### Hot Potato Salad

9 quarts sliced potato
1 quart beef broth
4 or 5 tablespoons salt
5 teaspoons paprika
1 tablespoon mustard
3 tablespoons sugar
3 or more cups salad oil
½ cup minced onion
1 tablespoon celery salt
1½ cups vinegar
½ cup parsley
12 hard-cooked eggs

Scrape new potatoes, and boil in salted water. Slice while still hot. Add hot beef broth, seasonings, onion, and half the oil. Mix, and let stand several hours. Rub yolks through sieve; add mustard, sugar, and vinegar. Stir until smooth, and add rest of oil. Add egg whites,

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finely chopped, and combine with potato. Sprinkle with parsley. The bowl or pan in which salad is mixed may be kept standing in pan of hot water, since the salad should be warm when served. There should be sufficient oil to keep salad well moistened. Bacon fat may be used in place of oil.

### Pompeian Salad

6 to 8 pounds cabbage
¾ pound cheese
2 cups cucumber pickle
1 tablespoon salt
2 teaspoons paprika
1 can pimento, chopped

Choose crisp, solid heads of cabbage. Cut in quarters, and lay in salted ice water for an hour or more; drain, chop coarsely. Chop pickles and pimentos, and break or chop cheese. Just before serving, mix ingredients well, and garnish with pimento cut in any desired shape. Serve with French Dressing, if for dinner; Mayonnaise, if for luncheon.

### Cabbage Salad, French Style

6 pounds cabbage
6 green peppers
½ cup chopped parsley
1 tablespoon prepared mustard
1½ tablespoons salt
1 teaspoon pepper
1 pint oil
½ cup vinegar
6 to 12 hard-cooked eggs

Choose crisp, solid heads of cabbage. Cut in quarters, let stand in cold water an hour or so; drain dry, shred very fine. Wash peppers; discard seeds and veins, cut in fine shreds. Beat salt, pepper, mustard, oil, and vinegar until creamy. Mix all ingredients together. Garnish with sliced eggs and strips of pimento.

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## Vegetable Salad, French Style

6 quarts diced potato
1 quart diced cucumber
1 quart diced radish
2 quarts cut celery
2 cups grated onion
5 tablespoons salt
2 teaspoons pepper
Mayonnaise Dressing

Cook potatoes before dicing them. Mix ingredients carefully and thoroughly; chill. Arrange in mound in center of platters; garnish with slices of red radishes, and crisp, white celery tips or watercress.

## Midwinter Salad

2 No. 10 cans tomato
1½ cups chopped onion
3 sprigs parsley
12 stalks celery
1 tablespoon paprika
½ cup strong vinegar
2 tablespoons salt
6 tablespoons sugar
1¼ cups gelatine in
3 cups cold water

Cook first four ingredients together twenty minutes after boiling begins; strain. There should be four and one-half quarts. Add remaining ingredients; mold in any desired form. Garnish with crisp, shredded cabbage, and balls or fancy shapes of Young America or other yellow cheese. Half-inch pieces of cooked string beans and raw celery may be molded with tomato.

## Chiffonade Salad

Cut lettuce, romaine, and endive in quarter-inch strips. Remove seeds and white portions from green peppers; cut in two lengthwise, then cut in very thin slices crosswise. Break watercress in pieces. Mix ingredients, and toss lightly into salad bowl. If desired, garnish with

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sections of grapefruit, slices or sections of tomato, or slices of cucumber. Serve with Chiffonade or Chili Dressing.

### Bean Salad

| | |
|---|---|
| 7 quarts stewed beans | 1 tablespoon onion salt |
| 3 quarts diced beet | Watercress or lettuce |
| ½ cup chopped parsley | Russian Dressing |

Use Lima, white kidney, flageolet, or pea beans; drain. Marinate for an hour or more with left-over French Dressing to which the onion salt has been added. Arrange on bed of shredded lettuce or of watercress, with border of beets. Sprinkle with parsley, and pass with it Russian or Mayonnaise Dressing.

### Vegetable Salad

Vegetable salads may be made like Bean Salad, using any convenient or favorite combination of vegetables: carrots and string beans; peas and beets; asparagus and radishes; cauliflower, peas, and carrots; and various other combinations. Serve with any desired dressing. Some form of French Dressing is preferable for dinner; Mayonnaise for luncheon.

## SALAD DRESSINGS

### Bretton Woods Dressing

| | |
|---|---|
| 2½ teaspoons salt | 1¼ cups fruit juice |
| 1¼ teaspoons pepper | ½ cup lemon juice |
| 1 or 2 teaspoons paprika | 1¼ cups olive or other |
| 5 tspns. powdered sugar | salad oil |

If fruit syrup or sweetened juice is used, omit sugar. The syrup or juice should harmonize with salad: pine-

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apple syrup with pineapple salad, or orange juice with mixed fruit. Mix ingredients; chill. Just before serving, beat hard with Dover egg beater. Serve with fruit salads.

### Chiffonade Dressing

¾ cup minced parsley
¾ cup chopped red pepper
2 tbspns. minced onion
1 tablespoon paprika
2 tablespoons salt
2 cups salad oil
¾ cup vinegar
6 or more eggs

Chop hard-cooked eggs fine. Mix remaining ingredients, and chill. Just before serving, beat hard with Dover egg beater; add eggs, and serve with shredded lettuce, romaine, endive, cabbage, and other green salads.

### Chili French Dressing

1⅓ tablespoons salt
1 or 2 teaspoons mustard
1 teaspoon paprika
½ teaspoon pepper
2 tablespoons sugar
1 cup vinegar
2 cups salad oil
1 cup Chili Sauce

Mix ingredients; chill, and beat just before serving. Omit sugar for potato salad. Serve with fruit, tomato, cucumber, and similar salads.

### Roquefort Dressing

2½ cups salad oil
½ cup Roquefort cheese
1 teaspoon paprika
4 teaspoons salt
6 or 8 drops Tabasco Sauce
1 cup vinegar

Stir cheese until creamy; add seasonings. Gradually beat in oil, then vinegar. Serve with lettuce, endive, cabbage, and other green salads.

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## Vinaigrette Dressing

½ teaspoon mustard
½ teaspoon paprika
½ teaspoon curry
1 teaspoon minced chive
1 tbspn. minced onion
1 teaspoon salt
1 tablespoon parsley
½ red pepper chopped
¾ cup vinegar
2¼ cups salad oil

Chop parsley fine. Mix and crush first eight ingredients. Add one tablespoon oil, and mash all to pulp; add oil and vinegar gradually; chill. Beat hard just before serving. One-half cup finely chopped cucumber pickle may be added if desired. Serve with lettuce, asparagus, and similar salads.

## Mayonnaise Dressing

1½ teaspoons mustard
1 tspn. powdered sugar
1 tablespoon salt
1 teaspoon paprika
¾ teaspoon pepper
1½ pints salad oil
6 tablespoons vinegar or half lemon juice
3 egg yolks
3 stiffly beaten whites

Mix dry ingredients, stir in yolks of eggs; add gradually the acid, beating thoroughly. Use a coiled wire whisk or Dover egg beater. Add one-half teaspoonful oil slowly, beating hard all the time; continue until half a cup has been used, then add a teaspoon or more at a time, beating constantly. At the last, a tablespoon at a time may be added. Beat in, one at a time, three tablespoons boiling water, and then stir in stiffly beaten whites. If preferred, vinegar and oil may be added alternately, beginning with half a teaspoon vinegar, and oil drop by drop. If Mayonnaise curdles, add it gradually to yolk of an egg, beating constantly. Cover tightly, and keep in

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cold place if not used at once. Sometimes drops of oil collect on sides of receptacle, or on top of dressing. These should be removed before stirring Mayonnaise, or mixture will curdle.

### Condensed Milk Dressing

6 tablespoons barley, rice, or bread flour
2 tablespoons mustard
2 tablespoons salt
1 cup condensed milk
2 cups mild vinegar
2 cups water
4 eggs
½ cup margarine
2 cups cream

Mix well first three ingredients; add slightly beaten yolks, milk, water, and vinegar. Cook over hot water until thick, stirring constantly; then add margarine. When partly cooled, fold in stiffly beaten whites, and just before serving add whipped cream.

### Russian Dressing

To each quart stiff Mayonnaise Dressing add one cup Chili Sauce, two tablespoons each finely chopped red and green pepper. Beat well; serve at once.

### California Mayonnaise

5 tbspns. potato flour
6 tablespoons salad oil
¾ cup mild vinegar
1 tspn. powdered sugar
2½ tablespoons salt
1½ teaspoons paprika
1½ teaspoons mustard
1½ pints hot water
1½ pints salad oil
3 eggs

Mix dry ingredients; add vinegar, and six tablespoons oil; stir until smooth. Add hot water, and boil five minutes, stirring constantly; or cook thirty minutes in double boiler; cool. Add to slightly beaten egg yolks. Add oil gradually, beating hard all the time. Fold in stiff whites.

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## Peanut Butter Mayonnaise

1 pt. Mayonnaise Dressing
1 pint peanut butter
½ teaspoon salt
2 tspns. French mustard

Beat about one-fourth cup water into peanut butter; there should be enough to make it about consistency of Mayonnaise. Add gradually to Mayonnaise, beating hard with an egg whip or Dover egg beater. Add salt and mustard, and chill before using. Mustard may be omitted.

## Thousand Island Dressing

1 quart stiff Mayonnaise
¼ cup minced onion
¼ cup chopped pimento
¼ cup chopped pepper
1 cup Chili Sauce
1 tablespoon paprika
1 teaspoon salt
4 hard-cooked eggs

Chop egg whites, onion, pimento, and green pepper fine. Put yolks through fine sieve; add dressing, beating well, then add remaining ingredients. Serve with fish, meat, or vegetable salad, or as sauce with meats or fish.

## Swiss Salad Dressing

9 egg yolks
2 cups strained honey
1 cup salad oil
3 tablespoons lemon juice
1 tablespoon paprika
2 teaspoons salt
1 pint sweet or slightly sour cream

Bring honey to boil, and pour over beaten egg yolks; cook three minutes, stirring constantly. Beat until cool and thicker than Mayonnaise. Add gradually the seasonings, lemon juice, and oil. Beat hard, chill, and fold in stiffly beaten cream just before serving.

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# SANDWICHES

THERE are two types of sandwiches in common use: the substantial sandwich, which makes the main dish for luncheon or supper; and the small, dainty sandwich, served at afternoon teas and receptions.

Breads of all kinds may be used for sandwiches: white and dark yeast breads, and quick breads made with baking powder or soda. The latter do not slice as well, but otherwise make very satisfactory sandwiches. To use with meat or fish, a bread made without molasses or a noticeable amount of sugar should be chosen. Yeast bread should be twenty-four hours old; quick breads from twelve to twenty-four hours old.

Except for formal occasions, crusts should not be removed. For that reason, bake bread to light rather than dark brown, and bake in pans that make slices of desirable shape and size. For teas and receptions, the bread should be sliced as thin as possible; for substantial sandwiches, cut it from one-fourth to one-third inch in thickness.

Cream thoroughly butter or any kind of margarine; spread the bread evenly to its very edge, but for receptions and teas, be careful that there is no butter on the edge to soil gloves. Cover the bread evenly to the very edge with as thick a layer of filling as circumstances permit. It should not soak through or run over the edge, but should be sufficient to flavor the sandwich well, or to furnish the desired amount of food material if it is the main dish. Unless meats are very tender, they should be chopped rather than sliced.



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Sweet sandwiches are served as dessert for supper or luncheon, with or without tea or chocolate. They are particularly nice for picnics.

If sandwiches are to be kept any length of time, wrap in oiled paper, or cheesecloth wrung out of cold water, and keep in closely covered tin box or jar.

### Watercress Butter

1 pound margarine
⅛ teaspoon salt
4 teaspoons lemon juice
1½ cups minced cress

Stir margarine until creamy; add salt, finely minced watercress, and lemon juice.

### Sardine Butter

1 pound margarine
2 dozen sardines
4 teaspoons lemon juice
¼ teaspoon paprika

Stir butter until creamy; add paprika, lemon juice, and sardines, which have been pounded to paste after removing skin, or bones if necessary.

### Kalamazoo Relish

1 quart chopped celery
¼ cup sugar (optional)
¼ teaspoon salt
½ cup grated onion
1 cup Mayonnaise
1 tablespoon parsley

Chop celery very fine; add seasonings and, last, Mayonnaise Dressing. Serve with club, lettuce, or plain meat sandwiches.

### Toasted Meat Sandwiches

Put slices of buttered or unbuttered bread together, with filling of chopped bacon, seasoned and moistened

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beef, ham mixed with chopped mustard pickle or salad dressing, or any other meat mixture. Toast quickly on each side, and serve at once.

### Hot Beef Sandwiches

Cut left-over roast beef in very thin slices; it does not matter about size of slices. Put between slices of bread, arrange on platters or individual plates, and cover generously with hot Brown Gravy. If beef does not slice nicely, it can be chopped instead. Veal, lamb, or fresh pork may be used instead of beef.

### Hot Chicken Sandwiches

| | |
|---|---|
| 4 quarts chicken diced | 2 quarts hot milk |
| 2 quarts peas cooked | 2 quarts hot chicken broth |
| 1 can pimentos | 4 teaspoons salt |
| 2 cups butter or fat | 2 teaspoons paprika |
| ⅔ cup potato flour | 3 tablespoons lemon juice |

Cream butter or chicken fat and flour together; add hot milk and broth, stirring until smooth. Cook thirty minutes in double boiler; add seasonings. Cut chicken carefully in half-inch cubes or pieces; reheat in sauce, and serve on bread which has been toasted on one side.

### Green Pepper and Peanut Butter Sandwiches

Chop sweet green peppers, celery, and onion very fine, in any desired proportions. Mix with Peanut Butter Mayonnaise, using about one-third green pepper mixture to two-thirds of Mayonnaise. Spread between thin slices of buttered bread.

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### Toasted Cheese Sandwiches

Mix grated cheese to paste with softened butter or margarine; season with celery salt, prepared mustard, and paprika. Spread between slices of bread, and sauté on both sides, in butter, on hot griddle.

### Peanut Butter and Egg Sandwiches

12 hard-cooked eggs
¾ teaspoon celery salt
1 teaspoon paprika
¼ cup minced green pepper
¾ cup peanut butter
Salt to taste

Mash eggs until quite smooth; add seasonings and peanut butter, and mix thoroughly. Add minced pepper, and water enough to make spread well. Spread thickly on slices of bread, and put together with lettuce. The bread may be buttered, but it is not necessary.

### Peanut Butter and Onion Sandwiches

Spread one slice of bread with butter, and another one with peanut butter. Put together with thinly sliced Bermuda onion which has been marinated with French Dressing.

### Sardine Sandwiches

1 pound can sardines
½ cup cucumber pickle
1 tbspn. minced parsley
1 tbspn. mixed mustard
¼ cup sardine oil
8 hard-cooked egg yolks
½ teaspoon salt
⅛ teaspoon pepper

Rub sardines to paste; chop pickle and parsley very fine. Mix ingredients well, adding two or three tablespoons vinegar if not tart enough. Spread slices of buttered or unbuttered rye or barley bread with mixture.

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## Egg Sandwiches

1. Spread bread with butter mixed with parsley. Put sliced, hard-boiled eggs, sprinkled generously with salt and pepper, between slices.

2. Spread one slice of bread with butter, the other with Mayonnaise. Put together with lettuce and slices of hard-boiled egg. Sprinkle egg with salt and pepper.

3. Mix finely chopped eggs with Mayonnaise or Boiled Dressing to moisten well. Put between slices of buttered bread.

4. Mix finely chopped eggs and stuffed olives with Boiled or Mayonnaise Dressing. Put between slices of buttered bread.

5. Mix finely chopped ham and eggs, moisten with salad dressing of any kind; add a little minced mustard pickle or prepared mustard. Put between slices of buttered or unbuttered bread.

## Cucumber and Onion Sandwiches

Chop cucumber and onion until very fine; moisten with highly seasoned French Dressing. Spread slices of bread with some of the dressing. Put together with crisp, shredded lettuce and cucumber mixture. Chopped celery or green pepper may be added.

## Windsor Sandwiches

| | |
|---|---|
| 1 pound butter substitute | Salt to taste |
| 3 cups chopped ham | ½ teaspoon paprika |
| 3 cups chopped chicken | Salad dressing |

Rub butter till creamy; add finely chopped ham and chicken; season to taste with salt and pepper. Spread

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slices of bread with Mayonnaise or Boiled Salad Dressing. Put together with chicken and ham mixture.

### Cheese Sandwiches

1. Mix one-half pound butter or margarine, two cups grated cheese, two cups finely chopped nuts, and one teaspoon paprika to a paste. Spread slices of any kind of brown bread with mixture, and put together in pairs.

2. Mix six Neufchatel cheeses and half cup or more chopped pimento; season with salt, pepper, and Mayonnaise. Spread one slice of rye or barley bread with cheese mixture, the other with peanut butter, and press firmly together.

3. Mix six Neufchatel cheeses, or their equivalent of cottage cheese, to a paste, with salt, paprika, and cream. Spread bread with Watercress Butter, and put together with cheese mixture.

4. Mix six Neufchatel cheeses, one-half cup each finely chopped nuts, olives, and green peppers; season with one-half teaspoon salt and paprika, and moisten to a paste with cream. Spread brown bread or any quick bread with butter or margarine, and put together with cheese mixture.

5. Mix two cups peanut butter with hot water to make a smooth paste that spreads easily; add a little salt. Mix two cups cottage cheese, with salt, and enough cream to soften, but not to make too thin. Spread one slice of bread with cheese, another with peanut butter, and press together.

### Sweet Cheese Sandwiches

1. Use any quick bread not flavored with molasses. Spread half the slices with softened cream cheese, the

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other half with currant, cranberry, or gooseberry conserve or marmalade; put together in pairs.

2. Cut any nut bread into very thin slices; spread with mixture of cream cheese and butter, rubbed together until soft. Put together with orange or grapefruit marmalade.

3. Cream together six Neufchatel cheeses and three-fourths cup butter or margarine; spread any kind of brown or quick bread. Put together with dates which have been washed, stoned, and chopped, or cut in halves or quarters.

4. Spread very thin slices of bread with softened butter. On one slice put Neufchatel cheese, on the other pineapple marmalade. Press firmly together, and toast delicately on each side if desired.

### Club Sandwiches

Toast slices of bread on one side. Spread untoasted side of one slice with Mayonnaise Dressing, cover with lettuce leaf; add thinly sliced chicken, then more dressing and another leaf of lettuce. Put on thin, crisp slices of bacon, then sliced tomato and lettuce. Finish with second slice of toast, spread generously with dressing. Garnish with tiny lettuce leaves, and serve at once. The tomato may be omitted.

### Country Club Sandwiches

Toast slices of bread on one side, and spread other side with butter. On buttered side of one slice, place lettuce leaf, spread generously with Mayonnaise Dressing; then, in order given, a layer each of thinly sliced, mild onion, sliced tomato, sliced hard-cooked egg. Spread with more dressing, and cover with lettuce. Finish with second slice

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of toast. Sliced cucumbers may be used instead of onion, if preferred.

### English Sandwiches

Cover one slice of buttered bread with thinly sliced or grated cheese; spread second slice with orange marmalade. Put slices together, and toast on each side. The butter may be omitted.

### Chicken Sandwiches

Mix finely chopped chicken with Mayonnaise Dressing to moisten well; add finely chopped green pepper, or celery if desired. Put between two slices of well-buttered bread.

### Hot Bacon Sandwiches

Cook thinly sliced bacon in oven until crisp and slightly browned. Spread slices of bread with hot bacon fat, then with thin layer of salad dressing; cover with lettuce leaf or chopped tomato, put on crisp bacon, and finish with second slice of bread. Serve at once.

### Corned Beef or Ham Sandwiches

Chop meat fine, or cut in very thin slices. Mix salad dressing or finely chopped mustard pickle with meat, or spread on slices. Put between slices of buttered bread.

### Date and Ginger Sandwiches

2 cups chopped dates
1 cup finely chopped preserved ginger
2 cups chopped walnuts
Ginger syrup and lemon juice to moisten

Mix ingredients thoroughly. Spread rye or barley bread with softened butter. Put together with fruit mixture.

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Cut in small sandwiches, about two inches long and one inch wide.

### Peanut and Raisin Sandwiches

Mix together equal quantities of peanut butter and ground raisins; add about an eighth as much softened butter. Spread slices of rye, barley, or entire wheat bread, and put together in pairs. Quick bread not sweetened with molasses may also be used.

### Marmalade Sandwiches

Spread bread with softened butter or margarine. Put together with stiff orange, apple, peach, or pear marmalade.

### Fig Sandwiches

Chop stewed figs fine, add lemon juice if desired; spread on buttered brown bread.

### Fruit Sandwiches

Put stoned prunes, seeded raisins, stoned dates, and figs through meat chopper. Add about one-fourth as much finely chopped walnuts as fruit mixture. Moisten to paste with orange or other fruit juice. Put between slices of buttered rye or entire wheat bread, with or without a layer of cream cheese.

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# DESSERTS

## Chocolate Brown Bread Pudding

| | |
|---|---|
| 2½ quarts stale, dark bread crumbs or dried bread in small pieces | 10 ounces chocolate |
| | ¾ quart corn syrup |
| | 8 well-beaten eggs |
| 4 quarts hot milk | 1 tablespoon salt |

Soak bread in hot milk until soft. Melt chocolate over hot water; add enough milk from bread and milk mixture to pour. Mix ingredients well; add five teaspoons vanilla. Turn into shallow baking dishes; bake slowly one hour, or until knife comes out clean. Serve with sweetened whipped cream or with Russet Sauce.

## New England Pudding

Use any good gingerbread or molasses cake recipe. Bake in layers; put apple jelly between layers, and whipped cream or whipped cream substitute on top.

## Spiced Bread Pudding

| | |
|---|---|
| 2½ quarts dried bread in small pieces | 1 tablespoon salt |
| | 1 teaspoon nutmeg |
| 4½ quarts scalded milk | 1 teaspoon cinnamon |
| 1 pint mild molasses | 1 teaspoon allspice |
| 1 pint corn syrup | 1 pint or more raisins |

Any kind of bread or muffins that is not burned or very dark from baking may be used. Soak in milk until soft; add remaining ingredients, mix well, and turn into shallow,



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oiled pans. Bake slowly an hour, or until knife comes out clean. Serve with whipped cream or a liquid sauce.

### Date Cereal Pudding

2 quarts cold cereal
4 quarts hot milk
3 cups corn syrup
6 eggs, well beaten
2 teaspoons salt
2 teaspoons cinnamon
1 teaspoon nutmeg
2 packages dates

Add milk gradually to cereal, beating constantly; cool. Add beaten eggs, syrup, spices, and dates which have been washed, stoned, and cut in pieces. Bake slowly until knife comes out clean. Raisins may be used in place of dates.

### Cocoanut Custard

5 quarts scalded milk
3 to 4 cups cocoanut
3 tablespoons cornstarch
½ cup cold water
2 teaspoons salt
15 eggs
1⅔ cups sugar
1 tablespoon vanilla

Scald cocoanut and milk together; add cornstarch, mixed to paste with cold water. Beat eggs; add salt, sugar, and hot milk, stirring all the time. Pour into custard cups, or into shallow baking dishes. Set dishes in pans of water, or on asbestos mats; bake very slowly until knife comes out clean. Three tablespoons soluble coffee may be added to hot milk, and vanilla omitted.

### French Sandwiches

Cut bread in one-third inch slices, of any desired shape and size. Spread with jam or marmalade, and put together in pairs. Dip in custard mixture; sauté until

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delicately browned on both sides. Serve alone; with sweetened and flavored whipped cream; or with sweet fruit juice, using flavor that harmonizes with filling.

### Custard Mixture

Beat ten eggs well; add one quart milk, one teaspoon salt, four tablespoons sugar, and one teaspoon vanilla.

## Rice Glacé

- 1½ cups rice
- 3 quarts milk
- 2 teaspoons salt
- 2 cups sugar
- 6 tablespoons gelatine
- ¾ cup cold water
- 1 cup boiling water
- 2 tablespoons or more vanilla extract
- 1 pint or more thick cream

Parboil rice in salted boiling water five minutes; drain. Put into double boiler with hot milk, cook until soft; add salt and sugar. Soak gelatine in cold water; add boiling water, then stir into rice mixture. Add vanilla, and more sugar if needed. Fold in stiffly beaten cream, and chill. Serve alone, or with oranges cut in small pieces and sweetened slightly.

## Molded Rice

- 1 quart rice
- 2 quarts water
- 2½ quarts milk
- 1 tablespoon salt

Cook rice in boiling water three minutes; add salt and hot milk; cook in double boiler until rice is soft and water absorbed. Turn into molds which have been dipped in cold water; let stand until cold. Serve with fruit sauce made by cutting fruit in small pieces, and letting it stand in sugar to make rather sweet. Fresh or canned peaches,

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apricots, strawberries, Loganberries, oranges, or stewed prunes may be used.

Or garnish with fruit, and serve with it Fruit Sauce made with juice of fruit, or with a combination of juices.

## Richelieu Rice

2½ cups rice
2 quarts boiling water
3 quarts milk
1¼ cups sugar
1 tablespoon salt
10 egg yolks
3 tablespoons margarine
2 cups raisins
1 cup candied orange peel chopped

Wash rice; add to boiling water to which salt and fat have been added; boil one minute. Add to hot milk, and cook in double boiler until rice is soft. Add sugar and fruit, and cook a few minutes longer. Turn rice mixture into well-beaten yolks, stirring constantly. Turn into molds which have been dipped in cold water; chill. A little orange extract may be added if desired. Serve with plain cream or Soft Custard Sauce.

## Pompadour Rice

1 quart rice
1 quart heavy cream
1 or 2 cans pineapple
2 cups powdered sugar

Cook rice as for boiled rice; be careful not to have kernels broken. Drain; pour cold water through, to prevent packing while cooling. Cut pineapple in small pieces or shreds. Beat cream until stiff, but not dry. Fold cream and pineapple carefully into rice; chill. Serve in sherbet or punch glasses, with a candied cherry on top of each serving.

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## Victory Pudding

2½ quarts milk
2½ quarts boiling water
3 cups rice
1½ tablespoons salt
2 cups sugar
10 tablespoons cocoa

Add washed rice to salted boiling water, boil three to five minutes; add to hot milk, and cook in double boiler one and one-half hours. Mix sugar and cocoa, and stir into rice mixture; cook thirty minutes longer. Add five teaspoons vanilla; chill. Serve with whipped cream or Marshmallow Sauce.

## Chocolate Tapioca

2 cups tapioca
1 quart cold water
3 quarts boiling water
1 quart sugar or less
½ pound chocolate
8 egg whites
1 tablespoon vanilla
1 teaspoon salt

Soak one or more hours, in cold water, if it is pearl tapioca; add cold water, and stir at once into boiling water, if it is minute tapioca. Cook until transparent in double boiler; add salt, sugar, and chocolate, and cook half an hour longer. Remove from fire, fold into stiffly beaten whites of eggs; add vanilla, and chill.

## Lemon Tapioca

4 quarts boiling water
1 quart sugar or less
5 large lemons
2 cups minute tapioca
8 egg whites
1½ teaspoons salt

If pearl tapioca is used, soak in one quart of the water, cold, for an hour. Add remaining water, salt, sugar, and cook in double boiler until tapioca is transparent. Remove

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yellow rind of two lemons, being careful not to get any of the white; run a toothpick through the parings to hold them together. Cook with tapioca for five minutes, then remove. Pour hot mixture slowly over stiffly beaten whites, folding in whites as hot mixture is added. Add lemon juice, and stir occasionally while mixture is cooling. Serve with Soft Custard Sauce.

### Apricot Tapioca

2 cups minute tapioca
3 quarts boiling water
2 teaspoons salt
2 pounds apricots
2 quarts cold water
1 quart sugar or Karo

Add salt and boiling water to tapioca, and cook in double boiler until clear. Wash apricots; soak several hours, or over night, in cold water; cook until soft in double boiler or in fireless cooker. Add sugar or Karo syrup, or a mixture of the two, and stir into the hot tapioca. Cook a few minutes longer. Serve with cream, or with extra apricot juice as a sauce.

Dried peaches may be used in the same way.

### Caramel Tapioca

2 cups minute tapioca
1 quart brown sugar
1 pint corn syrup
1½ teaspoons salt
3 cups figs
3 cups chopped nuts
4 quarts boiling water
2 tablespoons vanilla

Wash figs, and soak in part of water for several hours, or over night. Cut in small pieces, and bring to boil with remaining water. Add tapioca, salt, sugar, syrup, and cook until tapioca is clear and figs are soft. Add coarsely

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cut nuts and vanilla; chill. Serve with whipped cream. If pearl tapioca is used, soak in same water with figs.

### Coffee Tapioca

2 cups minute tapioca
4 quarts boiling coffee
1½ teaspoons salt
3 cups sugar
2 teaspoons vanilla
2 or more cups nuts

Dissolve sugar and salt in coffee; add tapioca, and cook in double boiler until clear. Add nuts and vanilla; chill. Serve with cream.

### Molded Snow

2¼ cups cornstarch
1 cup cold water
3½ quarts milk or water
1½ cups sugar
1 teaspoon salt
1½ tablespoons vanilla

Mix cornstarch, sugar, and salt; add water, and stir until smooth. Add hot milk or boiling water, stirring constantly; cook in double boiler forty-five minutes. Add vanilla, turn into molds; chill. Serve with Raisin, Chocolate, or Fruit Sauce.

### Apricot Blanc Mange

2 pounds apricots
3 cups sugar
3 quarts hot milk
1½ cups cornstarch
2 teaspoons salt
2⅓ cups cold milk

Wash, and soak apricots over night in water to barely cover. Cook in double boiler until soft. When nearly done, sprinkle two cups sugar over top. Drain off juice.

Mix cornstarch to smooth paste with cold milk, remaining sugar, and salt; add hot milk, stirring constantly.

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Cook forty-five minutes in double boiler, stirring often. Add drained apricots, cook five minutes; chill. Any preferred fruit may be used in place of apricots. Serve with plain cream or fruit juice.

### Prune Blanc Mange

5 quarts hot milk
1 pint cold milk
2¼ cups cornstarch
1⅓ cups sugar
1 tablespoon salt
5 teaspoons vanilla

Make as Plain Blanc Mange. When done, turn one-third into saucepan, and add three ounces chocolate, three or four cups stoned and cut cooked prunes, and six tablespoons sugar; cook one minute. Turn one-half white mixture into shallow, oblong pans, or any desired molds, smoothing and leveling top; cover with prune mixture. Spread remaining white mixture on top; chill. Serve with sweetened prune juice, or with thin cream.

### Caramel Blanc Mange

4 quarts hot milk
1 quart caramel syrup
1 cup cold water
2 cups cornstarch
2 teaspoons salt
½ cup sugar

To make the caramel syrup, caramelize one pint granulated sugar; add one quart boiling water and one pint dark brown sugar. Simmer until a rather thick syrup; add to hot milk. Mix sugar, salt, cornstarch, and cold water together; add to hot milk, stirring all the time. Cook forty-five minutes, stirring often; add two tablespoons vanilla; chill. This may be varied by using maple syrup in place of caramel, or by adding three cups coarsely cut nuts.

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## Cocoanut Indian Pudding

| | |
|---|---|
| 1½ cups corn meal | 1 tablespoon salt |
| ¾ cup minute tapioca | 3 cups molasses |
| 1 cup shredded cocoanut | ¾ cup margarine |
| ½ quart brown sugar | 6 quarts hot milk |

Mix together dry ingredients; add milk, stirring constantly, then margarine and molasses. Bake slowly until a knife comes out clean and there is much whey. It is well to allow four or five hours for baking. The whey or liquor serves as sauce, but whipped cream may be served also if desired. It should be warm rather than hot when served.

## Grape Nuts Pudding

| | |
|---|---|
| 5½ quarts hot milk | 1 cup corn syrup |
| 1 package grape nuts | ½ tablespoon salt |
| 1 cup coarse, dried crumbs | 1 cup sugar |
| | 3 cups raisins |

6 eggs

Add hot milk to grape nuts, let stand until cool; add sugar, salt, raisins, and beaten yolks. Fold in stiffly beaten whites just before baking. Pour into oiled baking dishes to depth of one or two inches; bake in slow oven one hour, or until knife comes out clean. Serve with any desired liquid pudding sauce.

## Fruit Cobbler

Use any Shortcake recipe for crust. Fill baking dishes half full of fruit, or more according to depth. Add sugar, if fresh fruit, and juice or water sufficient to prevent burning, but not enough to soak crust. Roll dough in

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sheet half an inch in thickness, cutting hole in center. Place on top of fruit; bake in hot oven thirty minutes or more. Or cut dough in rounds about three-fourths inch in thickness; or make dough a trifle softer, and drop by spoonfuls on fruit. Serve with Fruit Sauce, or with cream. The amount of sugar used in the pudding will depend upon the sauce. If cream is used, more sugar will be required than for fruit sauce. Corn syrup may be used in place of all or part sugar, in which case less water or juice will be needed in baking dishes.

### Brown Betty

6 quarts soft, stale, dark bread crumbs
2 quarts dried apples
1 qt. or more corn syrup
1½ cups margarine
2 tablespoons cinnamon
2 teaspoons nutmeg
1 teaspoon salt

Wash apples, soak over night in water to barely cover; cook until soft. Mix margarine with crumbs. Put into baking dishes a layer of crumbs, then a layer of apple; sprinkle with spices; repeat. Add syrup and one or two cups apple juice. Cover with crumbs; bake thirty minutes or more, adding more juice if too dry. Serve with Caramel Hard Sauce.

### Apple Ginger Pudding

1 quart pastry flour
3½ cups barley flour
4 teaspoons soda
1 tablespoon ginger
2 cups sour milk
4 beaten eggs
3 cups molasses
3 cups brown sugar
1 teaspoon nutmeg
¾ peck apples

Sift together flour, soda, and ginger; mix molasses, milk, and beaten eggs; combine mixtures, and beat well.

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Peel, quarter, and core apples, and steam until soft; turn into shallow agate pans. Mix sugar and nutmeg, and sprinkle over apples. Spread first mixture over apples, and bake forty-five minutes or more. Serve with Brown Sugar Sauce, Caramel Hard Sauce, or sweetened whipped cream.

### Blueberry Pudding

| | |
|---|---|
| 1¾ quarts barley flour or | 1 cup sugar |
| 2 quarts pastry flour | 2 teaspoons salt |
| 5 tbspns. baking powder | 4 well-beaten eggs |
| 2 quarts fresh berries or | 1 cup shortening |
| 2 small cans blueberries | 3 cups milk |

Sift together all dry ingredients. Rub in shortening with tips of fingers. Mix milk and eggs, and add to first mixture. Drain blueberries very thoroughly, and add last. Bake in shallow cake pans. Serve with Fruit Sauce, or with Hard Sauce to which half a cup juice is used in place of hot water.

### Indian Cottage Pudding

| | |
|---|---|
| 1½ quarts pastry flour | 4½ cups milk |
| ¾ quart corn flour | 5 well-beaten eggs |
| 5 tablespoons oil or fat | 2½ cups sugar |
| 7 tbspns. baking powder | ¾ tablespoon salt |

Any kind of corn meal or corn flour may be used. Five and one-fourth quarts barley may be used instead of pastry. Cream together shortening and half of sugar. Add remaining sugar to well-beaten eggs, and combine mixtures. Sift dry ingredients together, and add alternately with milk to first mixture. Pour into oiled pans to depth of half or two-thirds of an inch. Bake in mod-

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erate oven. Serve with sweet Chocolate Sauce, Fluffy Fruit Sauce, or any sauce that is quite sweet.

### Shortcake I

| | |
|---|---|
| 1½ quarts pastry flour | 1¼ cups shortening |
| 1½ quarts white corn flour | 4½ or more cups milk |
| ½ cup baking powder | 1⅞ tablespoons salt |

Sift dry ingredients together. Rub or cut in shortening; add milk to make dough as soft as can be handled. Drop doughs often give best results. Bake in hot oven.

### Shortcake II

| | |
|---|---|
| 1½ quarts pastry flour | 2 tablespoons salt |
| 1½ quarts barley flour | 1½ cups shortening |
| ½ cup baking powder | 4 or more cups milk |

Make and bake as Shortcake I. All or two-thirds barley may be used, but the more barley the darker the cake.

### Shortcake III

| | |
|---|---|
| 2 quarts pastry flour | 5 teaspoons salt |
| 1 pint potato flour | 1¼ cups shortening |
| 6 tbspns. baking powder | 4 cups milk (about) |

Rice flour or cornstarch may be used in place of potato flour, and barley instead of pastry. Make and bake as Shortcake I. The dough should be as soft as can possibly be handled.

### Sweet Shortcake

If sweet cake is desired, add one or one and one-half cups sugar to any of above recipes.

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These cakes may all be made with less shortening, but of course will be less tender. The shortening may be any hardened vegetable oil or butter substitute. Water may be used instead of milk.

## Strawberry Shortcake

Wash and hull eight or more boxes strawberries, and cut in pieces. Add sugar or white corn syrup to taste, and let stand for an hour or so. It is a good plan to warm mixture slightly.

Use any shortcake recipe. Roll to fit pie tins, or cut in small rounds, or drop by spoonfuls. The last method is particularly good if much corn meal or corn flour is used in dough, for such mixtures need to be very soft. Bake in hot oven, split, and spread with butter substitute; put fruit between layers and on top. Serve with juice of fruit, with or without cream.

Any fresh or canned berries or fruits may be used in place of strawberries.

## Apricot Shortcake

4 pounds dried apricots  3½ cups brown sugar

Soak apricots twenty-four hours or more in water to cover; cook until soft, rub through strainer; add sugar, or four cups corn syrup.

Use any shortcake recipe. Roll about three-fourths inch in thickness, cut in rounds, place in oiled pans just touching each other; bake fifteen to twenty minutes in hot oven. Split biscuit; put apricot mixture between and on top. Dried peaches, green apple sauce, or other fruit may be used in place of apricots.

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## Apricot Dumplings

Canned apricots, or stewed dried ones may be used, but do not put through strainer; add sugar or syrup if needed. Make dough as for shortcake, using any preferred recipe. Roll dough one-third inch in thickness, cut in rounds three or four inches in diameter. Put two or three pieces drained apricot on each round, moisten, and press edges together like turnovers. Place in shallow agate pans, and nearly cover with boiling apricot juice. Bake in hot oven twenty to thirty minutes. Serve with juice as sauce.

## Fruit Dumplings

Make as Apricot Dumplings. Use stewed and stoned prunes; fresh or canned peaches; a mixture of canned pineapple and fresh rhubarb; or quick-cooking apples. Use very little sugar in dumplings, but make juice rather sweet.

## Mock Plum Pudding

| | |
|---|---|
| 1 quart barley flour | 5 eggs |
| 1 quart corn meal | 2¾ cups molasses |
| 1 tablespoon salt | 2⅔ cups milk or water |
| 1 tablespoon soda | 2½ cups suet or |
| 1 tablespoon cinnamon | 1⅞ cups drippings |
| 1 teaspoon allspice | 1 quart raisins |

Mix and sift dry ingredients. Mix molasses, shortening, milk, and well-beaten eggs; combine mixtures. Add raisins which have been washed, dried, and mixed with part of flour. Turn into oiled molds, and steam four hours.

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## New Bellevue Pudding

1 quart molasses
1 cup drippings
2½ quarts barley flour
1 quart milk or water
4 teaspoons soda
4 teaspoons cinnamon
4 teaspoons cloves
1 tablespoon salt

Mix and sift dry ingredients together. Melt shortening; add milk and molasses, combine mixtures; turn into oiled molds, and steam two and one-half to three hours. Serve with Caramel, Brown Sugar, Ginger, Molasses, or other sauce.

## Steamed Chocolate Pudding

6 eggs, well beaten
3 cups brown sugar
3 tablespoons margarine
3 cups milk
1½ cups corn syrup
3 tbspns. baking powder
1 quart pastry flour
1 quart barley flour
2 teaspoons salt
½ pound chocolate

Cream margarine with one cup sugar; add beaten eggs, then remaining sugar and syrup. Beat well, and add melted chocolate. Sift dry ingredients together, and add alternately with milk to first mixture. Put in oiled molds; steam one and one-half to two hours. Serve with Brown Sugar or any desired sauce.

## Corn Meal Pie Crust

1½ quarts pastry flour
1¼ quarts white or yellow corn flour
4 teaspoons salt
2⅜ cups hardened vegetable oil

Lard may be substituted by using two and two-thirds cups. Make as plain paste. Moisten just enough to form

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dough. The dough is more liable to tear in handling, but otherwise is no more difficult to handle than crust made of all wheat flour. Makes eight two-crust pies.

### Barley Pie Crust

| | |
|---|---|
| 1½ quarts pastry flour | 4 teaspoons salt |
| 1½ quarts barley flour or all barley flour | 3 cups hardened oil or 2⅔ cups lard |

Barley flour makes darker colored paste, otherwise it is very satisfactory. Make as plain paste.

### Three-in-One Paste

| | |
|---|---|
| 1 quart barley flour | 3 cups hardened oil |
| 1 quart rice flour | 4 teaspoons salt |
| 1 quart potato flour | Cold water to moisten |

Pastry flour may be substituted for barley. Make as plain paste, using just as little water as possible in moistening.

### Cream Pie

| | |
|---|---|
| 5 quarts scalded milk | 3½ cups sugar |
| 1½ quarts heavy cream | 1½ tablespoons salt |
| 1½ cups potato flour | 1 cup cold milk |

Four and one-half cups bread flour may be used instead of potato. Heat milk in double boiler. Mix flour with cold milk; add to scalding hot milk, and cook thirty to forty minutes, stirring constantly until thick and smooth, then occasionally. Add salt, sugar, and cream. When cold, the filling should not be stiff enough to seem solid or gummy, but should be delicate and creamy in consistency. If necessary, add extra milk or cream.

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Fit crust to pie tins, building up good edges; prick all over bottom and sides with fork. Bake until done, but not brown. Put in filling, sprinkle with nutmeg; bake ten or fifteen minutes.

### One-Crust Apple Pie

| | |
|---|---|
| 4½ cups apple | ⅛ teaspoon salt |
| 1 cup corn syrup | ¼ teaspoon cinnamon or |
| ¼ cup sugar | nutmeg |

Pare, core, and slice apples. Fill deep pie tins; sprinkle with sugar, corn syrup, salt, and spice.

Roll pie crust to fit top of plates; cover apples, and bake until apples are soft. Cool slightly, then turn upside down. Cut, and serve as two-crust pies, but with apple on top. May be served with whipped cream. If apples require long cooking, it is well to cook them partly before putting on crust. This mixture may be used in two-crust pies. Makes filling for one pie.

### Cocoanut Pie

Make Cocoanut Custard mixture; pour into deep pie tins lined with paste. Bake slowly on lower grate until knife comes out clean.

### Squash or Pumpkin Pie

| | |
|---|---|
| 1 quart milk | 2 tablespoons salt |
| 1¼ qts. dark corn syrup | 2 tablespoons ginger |
| 3 qts. cooked pumpkin | 2 tablespoons cinnamon |
| 12 eggs, well beaten | 1 teaspoon nutmeg |

Rub steamed or canned pumpkin through sieve. Mix salt and spices together, and add to pumpkin. Nutmeg

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may be omitted if preferred. Add remaining ingredients, and mix well. Fit crust to deep pie tins, building up good edges. Turn in pumpkin mixture, and bake slowly an hour, or until knife comes out clean.

## Mock Lemon Pie

2 quarts buttermilk
1¾ cups cornstarch
1½ quarts maple or dark corn syrup
16 eggs, beaten separately
½ cup margarine
½ teaspoon salt
1½ cups lemon juice

Mix cornstarch with two cups cold water; add to scalding milk, stirring constantly until smooth and thick; cook twenty minutes. Add gradually to yolks, then add remaining ingredients, and cook five minutes.

Line pie plates with any preferred pastry, building up a good edge; prick bottom and sides with fork, and bake until crisp, but not very brown. Turn in filling, cover with meringue, and bake slowly until brown. Meringue: Beat egg whites until stiff; add three-fourths cup sugar gradually, and one teaspoon lemon extract. Pile lightly on pies, leaving uneven surface.

## Orange Delight

¾ cup granulated gelatine
3 cups cold water
3½ quarts boiling water
5 cups sugar
3 cups lemon juice
12 large navel oranges

Soak gelatine in cold water twenty minutes; dissolve in boiling water. Add sugar and lemon juice; strain through cheesecloth wrung out of hot water. Pour, one inch deep, into large, shallow agate pans which have been dipped in cold water. Put in cold place to stiffen; cut in

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inch cubes; pile lightly on plates or glass sauce dishes. Remove pulp carefully from sections of orange; sprinkle with one cup sugar; let stand an hour or more. Place sections of orange on top of jelly; pour over whole a spoonful or two of orange juice. Serve without cream. If not sweet enough, use another cup sugar in jelly.

### Rhubarb Pie

12 pounds rhubarb
2 quarts corn syrup
8 eggs, well beaten
1½ cups barley flour

Wash rhubarb, removing any discolored portions of skin. Place on board, and with sharp knife cut in inch pieces. Cover with boiling water, let stand five minutes; drain thoroughly. Mix flour, syrup, and beaten eggs. Fill pie plates with rhubarb, add syrup mixture; cover with crust, pressing edges firmly together. Bake in moderately hot oven until rhubarb is done.

### Banana Split

Use one-half the proportions for jelly as given in Orange Delight. Unsweetened red cherry, Loganberry, or other fruit juice may be used instead of water, by omitting two cups lemon juice. Mold in half-inch sheets; cut in cubes. Split small bananas lengthwise, allowing one-half banana to each serving. Pile jelly cubes lightly on bananas. Put whipped cream on top; or pour over some sweetened fruit juice.

### Apricot Ice

Cook canned apricots until very soft; put through coarse strainer, or crush until about consistency of apple

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sauce. Add no water or sugar. There should be about five and one-half quarts. If apricots are unsweetened, add sugar to make slightly sweet. Freeze as any ice.

### Loganberry Ice

5 quarts canned Loganberry juice
¼ cup lemon juice
Sugar or syrup to taste

Use the berries for pies, and the juice for Loganberry Ice. The amount of sugar depends upon amount used in canning. If berries are not sweetened at all, about a quart of sugar or corn syrup will be required. Freeze as any ice.

### Fruit Sherbets

Use recipe for any kind of fruit ice. When half-frozen, add stiffly beaten whites of four eggs, to which four tablespoons powdered sugar have been added. Finish freezing, and let stand an hour or more to ripen.

### Popcorn Dainties

1 pint popcorn
1½ pounds maple sugar
1½ cups whole milk
¼ teaspoon cream tartar
1½ tablespoons butter
1 teaspoon maple flavor
½ teaspoon salt

Pop one pint or more corn; remove hard kernels. Boil sugar, milk, and cream tartar to soft ball stage; remove from fire; add butter or butter substitute, salt, and flavoring. Pour over popped corn, toss lightly in small clusters. Serve with or without rich milk or thin cream. If eaten without cream, pack in shallow, oiled pans and cut in squares. Brown sugar and vanilla may be used in place of maple.

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### Corn Crisp

1 pint popcorn
3 cups molasses
¾ teaspoon salt
3 tablespoons margarine
⅓ cup sugar or
½ cup corn syrup

Pop corn, and remove any hard kernels. Boil molasses, syrup, and margarine to soft ball stage; add salt, and three-fourths teaspoon soda if desired. Mix with popped corn, and serve without shaping. Serve in cereal dishes with rich milk or thin cream. Corn Puffs may be used in place of popcorn.

## PUDDING SAUCES

### Chocolate Sauce

8 ounces chocolate
8 tablespoons margarine
4 cups corn syrup
4 cups sugar
2⅔ cups water
1 tablespoon vanilla

Melt chocolate over hot water; add fat, sugar, syrup, and water. Mix well, bring to boiling point; simmer fifteen minutes. Cool slightly before serving.

### Fruit Sauce

2 quarts fruit syrup
3 tablespoons margarine
4 tablespoons cornstarch
½ teaspoon salt

If unsweetened fruit juice is used, add sugar or syrup to taste. Often a combination of juices is better than one kind alone, even when served with pudding made of one kind of fruit. Mix cornstarch with a little cold fruit juice; add boiling juice, salt, and fat; boil five minutes. Coloring may be added to give a more attractive appearance, but be very careful not to use too much. Shredded or finely cut fruit may be added if desired.

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## Brown Sugar Sauce

¾ quart brown sugar
1½ quarts water
½ teaspoon salt
6 tablespoons butter
¼ cup cornstarch
1 teaspoon cinnamon

Mix sugar, cornstarch, and seasonings together. Add boiling water, boil five minutes; add butter, and remove from fire. Serve warm.

## Cranberry Sauce

1½ cups butter
6 cups powdered sugar
¾ cup water
3 cups cranberry juice

Rub stewed cranberries through purée strainer, and use the mixture of juice and pulp. Cream butter; add sugar gradually, alternating with water. Beat well; add cranberry juice gradually.

## Raisin Sauce

3 cups raisins
½ cup brown sugar
¼ teaspoon salt
2 tablespoons cornstarch
1½ teaspoons vanilla
1¼ quarts boiling water

Mix cornstarch and sugar; add water gradually, stirring constantly. Add washed and seeded or Sultana raisins, simmer until raisins are tender; add salt and vanilla.

## Lemon Sauce

2½ cups sugar
¼ cup cornstarch
¾ cup margarine
1¼ quarts boiling water
1 teaspoon salt
2 teaspoons lemon extract

Mix cornstarch and sugar; add to margarine, which has been stirred until creamy. Add boiling water, stirring

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constantly; boil five minutes, stirring often. Add salt and lemon extract. White corn syrup may be used in place of sugar. Mix cornstarch with cold water to paste; add three-fourths quart boiling water, and syrup; boil, and add remaining ingredients.

### Ginger Sauce I

1 quart brown sugar
1 quart mild molasses
1½ cups water
4 tablespoons margarine
1 cup vinegar or
½ cup lemon juice
2 tablespoons ginger
¼ teaspoon salt

Mix sugar, salt, and ginger; add molasses, fat, vinegar, and water; simmer ten minutes. Serve hot.

### Ginger Sauce II

2 cups butter
6 cups light brown sugar
1 tablespoon lemon juice
2 tablespoons ginger

Chop preserved ginger very fine, and mix with ginger syrup before measuring. Stir butter till creamy; add sugar gradually, beating hard. When smooth and creamy, add ginger, and slowly the lemon juice.

### Fluffy Fruit Sauce

1½ cups margarine
1½ quarts powdered or light brown sugar
4 egg whites
1½ quarts fruit pulp and juice mixed

Beat margarine to a cream; add sugar gradually, then stiffly beaten whites; and last, work in fruit pulp slowly, so as not to curdle mixture. Fresh, canned, or dried peaches and apricots, fresh or canned berries, or a mixture of orange juice and banana pulp, may be used.

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## Russet Sauce

2½ cups margarine
5 cups brown sugar
5 teaspoons vanilla
1¼ cups cream or milk

If margarine is very hard, rinse out bowl with hot water. Stir margarine until creamy; add sugar gradually, beating hard until creamy. Add milk and flavoring slowly, to prevent curdling. Do not chill, as sauce should be of creamy consistency.

## Molasses Sauce

¾ quart mild molasses
¾ quart boiling water
¾ quart brown sugar
¾ cup margarine
2 tablespoons cornstarch
2 teaspoons mixed spice
½ teaspoon salt
6 tablespoons lemon juice

Mix sugar, spices, and cornstarch together; add molasses, margarine, and water; boil five minutes. Add more lemon juice or a little vinegar if needed.

## Maple Sauce

Make as Brown Sugar Sauce, but omit cinnamon and add maple flavor.

## Maple Sugar Sauce

3 cups maple sugar
6 tablespoons corn syrup
½ cup boiling water
6 egg whites
2 cups cream
¼ teaspoon salt

Boil sugar, corn syrup, and water almost to soft ball stage. Pour over stiffly beaten whites, stirring constantly. Cool, and fold in whipped cream. Thin cream may be used if necessary.

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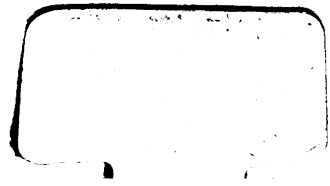

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